

Culinary Conceits



Compiled by the Guild of

The

St. John's Episcopal Church

MARLINTON, WEST VIRGINIA



Price \$1.00

Culinary Concepts - 1939 Cookbook

given to Pocahontas County Historical Museum
by June Lambert, Franklin WV July 1997

Bought at Auction Sale in Pendleton County

APPETIZERS



Cheese Apples

Soften 1 eight ounce package of American Cheese with fork and add $\frac{1}{2}$ c. chopped nut meats and 12 small pickled onions, chopped. Mix well. Form into small balls; roll one side in paprika and stick with a white clove. Makes 12.

Fried Cheese Balls

2 egg whites
1 T. & lt. flour
1 c. grated cheese

$\frac{1}{4}$ t. salt
Speck of pepper
Bread crumbs

Beat egg whites stiff, mix cheese, flour, salt and pepper, fold into egg whites. Shape into balls using 1 t. for a ball. Roll in bread crumbs. Fry in deep fat. May be made ahead of time, put in paper bag and reheated in oven.

—Mrs. C. C. Clendennin

Parboil frankfurters five minutes. Peel cut in $\frac{1}{2}$ in. slices. Marinate in tart French dressing 1 hr. Top with spriggs of parsley and secure with cocktail picks.

Cheese and Ham

2 T. Mayonnaise
2 T. Chopped stuffed olives
1 package cream cheese

$\frac{1}{2}$ t. prepared mustard
4 thin slices cold boiled ham

Blend first four ingredients together and spread about $\frac{1}{8}$ in. thick over ham. Roll up like jelly roll and place in refrigerator at least an hour. Slice in 1-4 inch slices and place on thin crackers or serve on cocktail sticks.

COMPLIMENTS

S. H. SHARP, Attorney-at-Law

MARLINTON, WEST VIRGINIA

BEVERAGES

◆
"Drink, pretty creature. Drink."

—Wordsworth

◆ Chilled Juices

Place shaved ice in cocktail glasses and fill with one of the following chilled juices.

1. Grapefruit juice topped with minted cherries.
 2. Equal parts pineapple and orange juice with fresh lime.
 3. Grape juice and unsweetened pineapple juice.
- Equal parts pineapple and tomatoe juice.

—Mrs. Barbara Bragg

Egg Nog

8 eggs	1 pt. cream
8 T. powdered sugar	1 qt. milk
1 pt. whiskey	

Separate yolks and add whiskey gradually, add sugar cream whipped and milk. Beat egg whites stiff fold in add 4 jiggers of rum last. Let ripen overnight before using.

Tomato Juice Cocktail

To one quart of tomato juice, add the juice of two oranges and one lemon, one t. salt and 1 T. each of catsup and granulated sugar. Mix and serve cold.

Rum Swizzle

Fill tall glass 1-3 full of crushed ice, pour over it juice of $\frac{1}{2}$ lime, 1 jigger of rum and fill with fountain Coca-Cola.

—Mrs. C. C. Clendenen

Pick-Me-Up

2 raw eggs well beaten with generous scoopful vanilla ice-cream. Fill up with 7-Up.

—Miss Anne Pedrlec
Elkridge, Md.

Iced Coffee

Use 2 heaping tbs. coffee to each cup water. Pour hot over ice. Place scoop of vanilla ice cream into tall glass and fill with coffee, top with whipped cream. Fold into whipped cream ingredients listed in each case.

Cinnamon iced coffee—cinnamon and nutmeg.
Southern iced coffee—grated orange rind.

Mint iced coffee—few drops of spearmint oil.
Almond iced coffee—few drops almond extract.
Chocolate Iced Coffee—grated chocolate or syrup.

Tomato Juice Cocktail

1 large size can tomatoes	2 T. sugar
1 cup water, salt to taste	$\frac{1}{2}$ t. tobasco sauce
5 or six cloves	3 stalks of celery
1 green pepper	$\frac{1}{4}$ t. worchester Sauce
$\frac{1}{2}$ t. paprika	2 t. lemon juice

Mix all ingredients together except lemon juice. Cover and boil gently 20 minutes. Press through strainer. Add lemon juice. Pour into glass jar, cover and chill 24 hours.

—Mrs. E. L. Fenton

Egg-Nog

4 eggs, leaving out whites or two. Beat up yolks and 2 whites, until very light, with 1 c. of sugar. Pour 1 pint whiskey in very slowly beating all the time. Then add 3 or 4 (I usually add 4) teacups of milk. 1 teaspoon vanilla. Grated nutmeg to taste. Add 1 cup (before whipping whipped cream. Bottle and shake well.

—Mrs. Golda R. Solter

Cranberry Juice Cocktail

4 cups cranberries
4 cups water
2-3 cup sugar

Pick over and wash cranberries, cook until the skins pop open about five minutes. Strain, add sugar, mix well boil 2 minutes. Chill before serving. Cranberry juice may be mixed with orange or pineapple juice or with ginger ale.

Mint Juleps

Crush 3 to 6 mint leaves in a tall thin glass. Mix 1 t. bar sugar with crushed leaves using a long bar spoon or ice tea spoon; fill glass full of finely crushed ice (leaning spoon in glass) Add jigger of whiskey place palm of left hand over top of glass being sure to keep finger from sides of glass. Stir until well iced. Place in coaster in ice box until ready to use.

Powdered sugar may be used instead of bar sugar.

FOR BEST SHOE REPAIRS

Marlinton Electric Shoe Shop

Also Complete Line Of Dry Goods.

MARLINTON, WEST VIRGINIA

BREAD

◆
"They that have no other meat
Bread and Butter are glad to eat."
◆

Old Time Southern Salt-Rising Bread

At noon the day before you make bread, slice 2 medium size Irish potatoes into a quart jar, add 2 tablespoons white corn meal, 2 tablespoons sugar, small pinch soda. Pour 2 cups boiling water into jar, put on cap but do not seal tightly. Set away in a warm place until morning when there should be about an inch of foam and a very distinct odor. The success of Salt Rising depends upon the yeast. If it does not have the foam and odor do not use it. Thus you are saved much time and material by having the yeast just right.

Scald but do not boil 1 quart sweet milk, add 2 tablespoons sugar, a small pinch soda and one cup of the liquid drained from the jar containing the yeast. Add enough flour to make a batter. Set in warm place until it doubles in bulk. Add salt, fat about the size of an egg, 1 tablespoon sugar and sufficient flour to make the dough. Knead 20 minutes make into four loaves and put into greased pan. Let rise until bulk is doubled. Bake in moderately hot oven 350 F.

—Mrs. Don Potter
Fairmont, W. Va.

Salt Rising Bread

Anytime between 10 and 12 of the day before you make your bread, slice thinly 2 medium Irish potatoes into a quart jar and add:

- 1 tb. flour
- 1 tb. white cornmeal
- 1 ts. sugar
- 1/4 ts. soda
- 1/2 ts. salt
- 1 heaping ts. baking powder
- 1 pt. boiling water

Stir. Cover and set in warm place until morning when there should be a deep white foam (Never use if it is not working well or if there is a yellow crust on the foam)

Strain this into 1/2 gallon stone crock or bucket and add enough flour to make a stiff batter and beat hard. Keep warm by placing in a kettle of very warm water until double in bulk and light.

Add this sponge to the flour which has been prepared as follows—

About 12 cups flour

Salt (small handful)

1 qt. boiling water

2 T sugar

small lump of lard

Scalding the flour with the batter keeps it moist.

Knead 12-15 minutes never using more flour than necessary to keep bread from sticking to board. Form into loaves and put in greased pan. Let rise in a warm place (be sure the pans do not feel hot to the touch) until double in bulk.

Pricking with a fork is thought to help it.

Bake in a 300 F. oven 15 minutes and 15-30 minutes in a 350 F. oven depending on size of loaves.

—Mrs. P. R. Overholt

Orange Bread

3 c. sifted flour	$\frac{1}{2}$ c. milk
2 T. sugar	3 t. baking powder
1 c. pasteurized dates	1 $\frac{1}{2}$ t. salt
3 T. butter	1 egg
1 c. canned orange juice	
1 package 3 oz. sliced candied orange peel	

Sift flour, baking powder, salt and sugar together. Mix dates and orange peel through flour with finger tips. Beat egg, add orange juice and milk, stir into dry ingredients. Pour mixture into greased loaf pan. Bake in moderate oven (325) for one hour. Cool; wrap in waxed paper, and store a day or two before using.

—Mrs. C. B. Moore

Pecan Caramel Rolls

(20 large rolls)

2 T. warm water	1 cup of boiling potatoe water
$\frac{1}{2}$ tsp. sugar	$\frac{1}{2}$ cup sugar
1 yeast cake	$\frac{1}{2}$ cup butter
2 beaten eggs	$\frac{1}{2}$ tsp. salt
4 cups sifted flour	

Method: Mix boiling potato water, sugar, butter, salt. Cool to luke warm. Soften yeast in the warm water and sugar and add to first mixture. Add beaten eggs and stir in two cups of flour and beat thoroughly. Add remaining two cups of flour—stir but do not knead. Place in refrigerator well covered and store until needed.

Roll dough on floured board $\frac{1}{2}$ inch thick, spread with butter, sprinkle with sugar, cinnamon and chopped nuts. Roll out and cut in slices about 1 inch thick. Place cut side down in a baking pan in which 2 T. of butter, $\frac{1}{2}$ cup brown sugar and 1 T. of water have been blended and slightly cooked, with chopped pecans added. Let rise in warm place till double in size. Bake in 400 F. oven about 20 minutes. If they get too brown lower temperature and place pan of water underneath.

—Mrs. Calvin Price

Buckwheat Cakes

1 qt. buckwheat flour, 1 T. corn meal, 1 T. flour, 1 cake yeast. Mix with water enough to make stiff batter. Let stand in warm place over night. Take one cup of batter and leave for next night. To the remainder add sour milk to make a thin batter and add 1 t. of baking powder, 1 t. salt, $\frac{1}{2}$ t. soda, 2 T. flour.

—Mrs. Carrie Edgar

Velvet Waffles

- 1-4 cup Wesson Oil
- 2 cups flour
- 4 t. baking powder
- 1 t. salt
- 1 $\frac{3}{4}$ cups milk
- 3 eggs

Sift together the flour, salt, and baking powder, separate the eggs, beat the yolks until light, stir the milk into them and pour in the Wesson Oil. Stir this mixture gradually into the dry ingredients, beat well, then fold in the whites, beaten stiff, and dry. Bake on hot waffle iron until medium brown in color.

James River Waffles

- 2 cups flour
- $\frac{1}{2}$ t. salt
- 2 t. baking powder
- 3 eggs beaten separately
- 2 cups sour milk
- 6 T. melted butter
- 1 t. soda

Beat egg yolks until light then add 1 cup milk. Mix dry ingredients and add to eggs and milk then second cup of milk and butter. Add beaten egg whites last. Makes 8 large waffles.

—Mrs. Calvin Price

Southern Biscuits

- 1 qt. flour
- 2 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 2 heaping tbsp. shortening
- 1 pt. sweet milk or buttermilk (use pinch of soda with buttermilk)
- Roll thin, bake in hot oven.

—Hattie Cashwell

Raised Muffins

(about 2 dozen)

- | | |
|--------------------------|-------------------------|
| 1 pt. scalded milk | 1 compressed yeast cake |
| $\frac{1}{4}$ cup butter | 2 eggs |
| $\frac{1}{4}$ cup sugar | Flour to make batter |
| $\frac{1}{2}$ ts. salt | |

Method: To the scalding milk, add the butter, sugar, salt. Cool to lukewarm and add crumbled yeast and stir till dissolved. Add enough flour to make a thin batter. Let stand in warm room until light and full of bubbles. Add beaten eggs and enough flour to make a thick spoon 400 degrees for 15 to 20 minutes. These can be started 4 or 5 hours before the meal. If they came up too quickly they can be stirred down.

Ice Box Rolls

$\frac{3}{4}$ cup lard
1 Tbsp. salt

$\frac{1}{2}$ cup sugar
8 cups flour

2 cups boiling water
Mix lard, water, sugar and salt. Cool. Dissolve 2 cakes yeast in $\frac{1}{2}$ cup luke warm water. Add 1 egg beaten slightly to first mixture, when cool then add yeast water. Add 8 cups flour—mix do not work. Put in ice box over night. Take out 4 hours before using and roll 1-2 inch thick. Bake in 400 degrees oven.

—Esther S. Davis

Hot Cross Buns

1 yeast cake
1 cup milk scalded and cooled
1 Tbs. sugar
3 $\frac{1}{4}$ cups sifted flour
 $\frac{1}{4}$ cup butter
1-3 cup sugar
1 egg
 $\frac{1}{4}$ Tsp. salt

Dissolve yeast and one tbs sugar in luke warm milk add 1 $\frac{1}{2}$ cups of flour to make sponge. Beat until smooth, cover and let rise until light (one hour) Cream butter and sugar, add egg, rest of flour. Make a soft dough.

—Mrs. Frank King

Oat Meal Bread

2 cups raw oat meal
1 heaping tsp. salt
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup shortening
1 pt. boiling water
1 cake yeast dissolved in luke warm water

Put all ingredients together except yeast. Pour on boiling water let get luke warm—add yeast. Mix with flour 5 cups or more—enough to make dough as for regular bread. Let rise to double its bulk. Knead thoroughly and make into 2 loaves. About $\frac{1}{2}$ can be used for rolls. Especially nice for "clover loaf rolls."

—Mrs. C. C. Clendenin

Sour Cream Nut Bread

4 cups flour
 $\frac{3}{4}$ cup of sugar
1 tsp. soda
3 tsp. baking powder
 $\frac{3}{4}$ tsp. salt
2 eggs
2 cups of thin sour cream
 $\frac{1}{4}$ cup of milk or enough to make moist dough
 $\frac{3}{4}$ cup of chopped nuts

Mix and sift the dry ingredients to form a moist and fairly stiff dough. Add nuts and more milk if needed. Turn into two well-greased loaf pans, set the pans in a cold oven, heat gradually to a temperature of 300 to 325 degrees, and bake about 50 minutes or until the bread is light-brown and firm to the touch.

The bread should be allowed to cool partially, then wrapped in a towel or several thickness of paraffin paper and kept in a bread box 24 hours before cutting. The crust will be soft and need not be removed when making sandwiches.

—Mrs. P. R. Overholt

Boston Brown Bread

- | | |
|----------------------------|------------------|
| 2½ cup whole wheat flour | 1 T. soda |
| 1½ cup yellow corn meal | 1 T. salt |
| ½ cup white flour | 1 cup cold water |
| 1 T. baking powder | |
| 1 cup boiling water | |
| 1 cup raisins (if desired) | |
| 1 cup molasses | |

Mix dry ingredients, mix cold water and molasses pour into flour mixture. Add boiling water then raisins fill cans 2-3 full. Steam 2 hours then dry in oven.

—Kathleen M. Vaughen

Rolls

- 2 cakes yeast (cream together)
- 1 Tbs. sugar until liquid)
- 3 well beaten eggs
- ½ cup melted butter
- Scant ½ cup sugar
- 1 cup luke warm water
- 4 cups flour
- 1 tsp. salt

Let rise till twice its bulk take half of dough roll as for pie crust, cut in pie shape pieces. Start with wide end and roll to point let rise about 2 hours. and bake in moderate oven.

—Helen May, Pittsburgh, Pa.

Quick Rolls

1 C. milk, 3 Ts lard, 3 Ts sugar, 1 T salt, 1 cake yeast, about 4 Cs flour.

Scald milk, while hot add salt, sugar and lard and let cool. Add yeast cake dissolved in ¼ C warm water. Add flour and work until dough will not stick to board. Grease, let rise, work down and let rise again, roll out cut with biscuit cutter, fold over but do not grease between rolls just top and bottom. Let rise and bake.

—Mrs. J. M. Bear

Batter Bread

- 1 cup corn meal
- 1 scant tsp. salt

Small lump butter

Scald meal with enough boiling water to make a smooth paste. Add 1 pt. sweet milk, 2 eggs, 2 tsp baking powder add butter, beat well. Bake in hot greased pan $\frac{1}{2}$ hour.

—Original recipe of Mrs. Caldwell, The Pines, White Sulphur Springs

Spoon Bread

- 1 cup corn meal
- 1 tsp. salt (level)
- Lump butter
- $\frac{1}{4}$ tsp. soda

- 1 $\frac{1}{2}$ cup boiling water
- 1 cup sour milk
- 1 tsp. baking powder

Use process as in (batter bread)

—Mrs. F. P. King

Flannel Cakes

Sift together 1 $\frac{1}{2}$ pts. of flour, 1 Tb. brown-sugar, 3 tsp baking powder and 1 tsp. salt; add a two beaten eggs and 1 $\frac{1}{2}$ pints of milk. Beat into a smooth, thin batter.

—Presbyterian Cook Book

Cheese Biscuits

- 1 $\frac{1}{2}$ cup flour
- 2 Tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 6 Tbs. grated cheese
- 2-3 cup milk

Sift together flour, baking powder and salt. Add cheese, mix in lightly, add milk slowly, just enough to hold dough together. Roll out on floured board to about 1-2 inch thick. Cut with small biscuit cutter. Bake in hot oven 12 to 15 minutes. Makes twelve.

Fool Proof Buttermilk Biscuits

- 2 cups flour
- 4 tbs. lard or vegetable fat
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. soda
- $\frac{3}{4}$ cup or more buttermilk

Follow cheese biscuit method.

—Glenna Cole

Dutch Cake

Roll piece of yeast dough thin, the size of a cake pan. Spread melted butter over this, sprinkle with brown sugar and cinnamon. Let rise to the top of the pan, then bake about twenty-five minutes in a very hot oven.

—Mrs. Ruth Fisher

Summer Corn Bread

- 1 $\frac{1}{2}$ cup corn-meal
- 2 cups buttermilk (3 days old)
- 2 eggs beaten
- 2-3 tsp. soda
- 1 tsp. salt
- 2 tsp. sugar
- 3 tbs. butter or lard (or both mixed)

Place buttermilk in bowl add sugar and salt, beat well and stir in meal. Beat until smooth add beaten eggs and when these are thoroughly blended mix soda with 1 tbs. of hot water and stir in last. Beat well. Have a pan with the melted shortening pour part into the batter and blend. Then pour batter in greased pan and bake in hot oven about 20 minutes. The bread should be about 1 inch thick when baked.

— Mrs. A. L. Baxter

Date Bread

- 1 package of chopped dates
- 1 $\frac{1}{2}$ cup hot water
- 1 cup sugar
- 1 tbs. melted butter
- 2 eggs
- 3 cups flour
- 1 cup nuts
- 1 tsp. salt
- 2 tsp. soda
- 1 tsp. baking powder

Soak dates in hot water, sift flour, baking powder, soda and salt. Beat eggs and sugar together and add dates, melted butter and flour mixture. It makes two loaves.

—Mrs. Joe Ashcroft

Date Muffins

- 1-3 cup butter
- $\frac{1}{4}$ cup sugar
- 1 egg
- 2 cups flour
- 4 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ lb. dates cut fine

Cream butter and sugar—add well beaten egg and dates. Add half flour and half milk at a time. Bake twenty minutes at four hundred degrees.

—Mrs. Helen Byers

Banana Nut Bread

- 2 $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ teaspoon baking powder
- $\frac{3}{4}$ cup chopped nuts
- $\frac{1}{4}$ cup shortening
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 3 tablespoon thick sour cream
- 1 $\frac{1}{2}$ cup mashed banana, or three large ones.

Sift flour, soda, salt and baking powder together, stir in nut meats, cream shortening and sugar. Add eggs one at a time, beating thoroughly after each addition. Combine mashed bananas and sour cream, all alternately with flour to first mixture. Bake in greased loaf pan lined with wax paper, in a moderate oven 350 degrees for about one hour. Makes one large loaf.

—Mrs. P. T. Ward

Nut Bread

- | | |
|--------------------------------|------------------------|
| 1 cake compressed yeast | |
| 1 cup milk, scalded and cooled | 1-3 cup sugar |
| 1 tbsp. sugar | 2 tbsp. lard or butter |
| 3 cups flour | White of 1 egg |
| 1-3 tsp. salt | 3-4 cup chopped nuts |

Dissolve the yeast and 1 tbsp. of sugar in the lukewarm milk. Add 1 $\frac{1}{4}$ cup of the flour and beat thoroughly.

Cover the sponge and set it aside in a warm place for 50 minutes or until light. Add the creamed sugar and butter, the white of the egg beaten stiff, the nuts, salt, and the remainder of the flour or enough to make a dough.

Let the dough rise until doubled in size. Knead and let rise again for about 1-2 hour. Bake 45 minutes.

—"George"
Chef at Jackson's Mill

Refrigerator Rolls

- 1 cake compressed yeast
- 1-2 cup lukewarm water
- 1-2 cup shortening
- 2 tsp. salt
- 1-2 cup sugar
- 1 cup mashed potatoes
- 2 well-beaten eggs
- Flour to make dough, stiff dough.
- Disolve the yeast in lukewarm water.

1 cup Scald milk and add shortening, sugar and salt, then mashed potatoes. When mixture has cooled to luke-warm add the dissolved yeast and well-beaten eggs. Add flour and turn out on floured board and knead until smooth and pliable. Put into a greased bowl large enough to allow for rising, let rise until double in bulk--about 1 1-2 hours. Work down and grease over top and set in cold part of refrigerator until wanted. Bake 25 minutes. Temperature at 400 degrees.

Mrs. C. B. Moore

Oatmeal Muffins

1 cup of milk, 1 cup water, 1 cup cooked oatmeal, 1-2 yeast cake, 2 tablespoons butter and lard mixed, 2 tablespoons sugar, 1-2 teaspoon salt, add flour to make a stiff batter. Put to rise about 11 A. M. At three o'clock add the well-beaten whites of two eggs. At four thirty put into muffin pans and let rise an hour. Handle gently when putting in the oven and bake in a quick oven.

Mary McClintic Hench

CAKES

◆
"I reckon 'Do', said Ichabod,
to be at the foundation of both
music and cake."
◆

Gingerbread

- | | |
|--------------------------------------|--------------------|
| 1-2 cup butter | 1 tsp. ginger |
| 1-2 cup sugar | 1 tsp. cinnamon |
| 2 eggs | 1-4 tsp. salt |
| 1 tsp. soda | 1 1-2 cups flour |
| 1-2 cup baking molasses | 1-2 cup cold water |
| 1 cup fresh grated or moist cocoanut | |

Cream butter, add sugar, cream, add beaten eggs. Dissolve soda in molasses and add to first mixture. Sift dry ingredients together and alternately to first mixture with cold water. Stir in cocoanut. Bake in moderate oven 325 degrees for 35 minutes. Serve with Apricot Sauce.

Strain can apricots (medium size can) add 1-2 cup sugar juice of 1 lemon and cook until sugar is dissolved. To each serving put 4 or 5 slices of banana on top and pour cold sauce over all. Nuts are nice with it.

Nice enough for party refreshments.

—Mrs. C. P. Dorsey

Ambrosia Cake

- | | |
|---------------------|----------------------------|
| 2-3 cup butter | 2 tbs. water |
| 1 ½ cups sugar | 2 ½ cups sifted cake flour |
| 3 egg—unbeaten | 2 tsp. baking powder |
| 5 tbs. lemon juice | ¼ tsp. salt |
| 5 tbs. orange juice | |

Grated rind of one orange and one lemon.

Bake in two nine inch layer pans for 20 minutes.

Use Orange Cocoanut Filling.

—Mrs. Ernest Smith

Yellow Cake

- 1 ½ cups sugar
- ¾ cup butter
- 3 egg yolks (beat after adding each one)
- 1 cup milk or warm water
- 4 tsp. baking powder
- 3 cups cake flour
- 3 egg whites, beaten stiff
- 1 tsp. vanilla

Excellent with Cocoanut icing or Lady Baltimore Filling.

—Mrs. C. W. Price

White Cake

Measure sugar and flour after sifting.

- | | |
|-------------------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ t. vanilla |
| 1 1-2 cup sugar (scant) | Few drops almond extract |
| 1 cup ice water | 2 t. baking powder |
| 2 1-2 cups flour-sifted 5 times | |
| 2 whites of eggs (large or 3 small) | |

Cream butter and sugar, alternately add water and flour mixed with baking powder. Add flavoring and lastly fold in beaten egg whites. Bake in 2 layers or slab cake. Use any filling or icing.

—Mrs. Adam Baxter

White Cake

- | | | |
|--------------------------|-------------------------|--------------------|
| 6 white eggs | $\frac{1}{2}$ c. butter | 3 c. flour sifted |
| 1 $\frac{1}{2}$ c. sugar | | 3 t. baking powder |
| 1 c. water | | 1 t. vanilla |

Cream butter and sugar, add flour with baking powder alternately with water. Add vanilla, then egg whites, beaten until they stand in peaks. Bake in flat pan about 20 or 30 minutes in moderate oven.

—Louise Hull

Crumb Cake

$\frac{1}{2}$ cup
2 $\frac{1}{2}$ c. flour, soft butter 2 c. brown sugar. Mix well together. Take out 3-4 c. of mixture for top, add to remainder 1 egg, $\frac{3}{4}$ c. sour milk $\frac{1}{2}$ t. soda, 1 t. cinnamon.

Beat hard until batter is smooth.

Pour in greased pan, sprinkle the crumb mixture over the top. Bake in moderate oven.

Mrs. Lewis Gay

Maraschina Nut Cake

- | | |
|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ c. shortening | 3 t. baking powder |
| 1 $\frac{1}{4}$ c. sugar | $\frac{1}{4}$ t. salt |
| 2 c. flour | $\frac{1}{4}$ c. cherry syrup |
| 2 T flour (for flouring fruit) | $\frac{1}{2}$ chopped pecans |
| $\frac{1}{2}$ Carnation milk | 4 egg whites |
| 16 maraschino cherries cut coarsely | 1-2 almond flavoring |

Method: Cream shortening and sugar, sift flour and baking powder and salt, add to cream mixture alternately with milk and cherry juice. Flour, nuts and cherries and add to batter. Fold in stiffly beaten egg whites. Bake in tube pan at 350 degrees for 50 minutes. Frost with almond flavored uncooked icing and decorate with cherries.

—Mrs. G. R. Pryor

Soft Ginger Bread

- 1 c. sugar Molasses. 1-2 c. butter or lard.
1 t. each ginger, cloves and cinnamon
2 1-2 c. flour 1 c. buttermilk, 1 t. soda
2 eggs well beaten last thing

Cream, butter and sugar, add molasses. Put soda in buttermilk and add. Add flour and spices.

Bake in moderate oven.

—Mrs. Lewis Gay

Cocoanut Cake

- 3/4 cup butter
- 2 cups sugar
- 3 eggs
- 1 cup milk
- 1 tsp. baking powder
- 1/2 tsp. vanilla
- 2 1-2 cups sifted cake flour
- 1 cup moist cocoanut

Soak the cocoanut in milk ten minutes. Use regular cake procedure. Bake in tube cake pan about 50 minutes at 300 degrees. Ice with plain boiled frosting on which extra cocoanut is sprinkled.

Apple Sauce Cake

- | | |
|---------------------|--------------------|
| 2 cups sifted flour | 1 cup sugar |
| 1 t. soda | 1 egg unbeaten |
| 1/4 t. cloves | 1 cup raisins cut |
| 1/2 tsp. nutmeg | 1 cup nuts chopped |
| 1 t. cinnamon | |
| 1/2 cup shortening | |

~~8 eggs~~

1 cup thick apple sauce sweetened as you like for table use.

Sift flour once, measure, add soda, salt and spices and sift together 3 times.

Work shortening and sugar together beating until light and fluffy. Add egg and beat well. Add nuts and raisins. Add flour alternately with apple sauce a small amount at a time, beating till smooth after each addition. Turn into greased loaf pan (8x4x3) Bake in a moderate oven. (350) 1 hour and 15 minutes. Flavor is improved by standing a few days before cutting. Caramel or mocha frosting for this cake. Citron, candied cherries and other fruits may be added.

This may be dropped from a spoon on a cookie pan and baked in a quick oven and frosted with uncooked icing and sprinkled with colored sugar.

—Mrs. Harlow Waugh

Chocolate Cake

- | | |
|----------------------------|-------------------------|
| 1-2 cup butter | 2 cups sugar |
| 3 cup flour (cake) | 1 t. salt |
| 3 t. baking powder | 1 cup boiling water |
| 1 cup thick sour milk | 2 t. vanilla |
| 2 t. soda | 4 sqs. melted chocolate |
| 4 eggs (beaten separately) | |

Cream butter, add sugar and beat well. Add egg yolks. Sift flour, baking powder and salt together 3 times. Add alternately with sour milk to first mixture. Pour boiling water into melted chocolate. Mix quickly. Add soda and stir until thick. Cool. Add to cake batter and fold in beaten whites and vanilla. Bake in moderate oven.

Mrs. Norlie Burner

Crumb Cake

1 cup shortening

4 cups flour

2 cups brown sugar

Crumb together taking out 1-2 cup for top.

Add 2 rounded tsp. soda.

1 tsp. cinnamon

1 tsp. all spice

1-2 box raisins boiled five minutes in water

Beat. Put crumbs and 1-2 cup nuts on top. Bake 45 minutes in a moderate oven. A large bread pan lined with oil paper should be used.

—Mrs. Marvin Jackson

Solid White Birthday Cake

1 cup butter or crisco

5 cups cake flour

3 cups sugar

6 unbeaten egg whites

2 cups milk

4 tsp. baking powder

1 tsp. each; vanilla, lemon and orange extract

1 tsp. salt

Cream the butter until light and creamy; add sugar gradually and cream. Sift the flour and measure, sift again with baking powder. Add extracts and then the egg whites, unbeaten and one at a time. Beat well between each addition until smooth. Bake about one hour in oven 350 degrees.

—Libby Rexrode

Chocolate Potato Cake

1 cup butter or substitute

2 1-4 tsp. baking powder

2 3/4 cups sugar

2 sq. bitter chocolate

4 eggs beaten separately

Grated rind one lemon

1 cup grated raw potatoes

1-2 cup milk

2 1-4 cup cake flour

1-2 tsp. each, all spice, cloves & cinnamon

Cream shortening, add sugar gradually then beaten eggs and potatoes. Sift flour measure, sift with other dry ingredients. Add lemon rind. Use alternately with milk, then add melted chocolate. Fold in egg white. Bake in 3 layers at 325 degrees.

Filling:

1 c. dried apricots cooked with 2 c. water until tender. Rub through sieve. Add 2-3 c. sugar 3 T. flour. Cook 15 minutes over hot water. Stirring to prevent lumping. Add 2 beaten egg yolks, grated rind of 1 lemon. Cook 2 minutes. Cook before using. Cover cake with never Fail

Frosting.

—Mrs. C. C. Clendenin

Tomato Soup Cake

Cream 1-3 cup shortening and 1 cup sugar. Add 1 can (small) tomato soup to which has been added 1 t. soda. Add the following ingredients:

2 cups flour or more

1/4 t. salt

2 t. baking powder

1/2 t. cinnamon

2 t. cocoa

1-2 t. nutmeg

1 t. vanilla

1 cup chopped nuts and raisins

Bake in slow oven for 45 minutes.

—Mary E. Berry

Easy Chocolate Cake

- | | |
|----------------------|----------------|
| 1 cup lard or spray | 1 tsp. salt |
| 2 cups sugar | 1 tsp soda |
| 1 cup cocoa | 3 cups flour |
| 1 cup milk | 2 tsp. vanilla |
| 2 tsp. baking powder | 2 eggs |

Stir all well. Then add 1 cup boiling water and beat three minutes.
Bake 1 hour. —Mrs. Guy Yeager

Dark Fruit Cake

- | | |
|--------------|------------------------------|
| 1 lb. sugar | 10 eggs |
| 1 lb. flour | $\frac{1}{2}$ cup sweet milk |
| 1 lb. butter | 2 t. baking powder |

Cream butter and sugar add the well beaten eggs. Alternate milk and flour to which the baking powder has been added.

- | | |
|-----------------------------------|---|
| 2 lbs. currants | $\frac{1}{4}$ lb. pecans |
| 2 lbs. seedless raisins | $\frac{1}{4}$ lb. Brazil nuts |
| 1 lb. citron | 1 glass black berry jelly |
| 1 lb. blanched almonds | $\frac{1}{2}$ glass wine |
| $\frac{1}{2}$ lb. English Walnuts | 1 t. cinnamon, nutmeg, mace and allspice. |

Cut the above pieces in small pieces and add to the above cake mixtures. Bake about 3 hours in moderate oven.

The old Ruffner Fruit cake.

—Mrs. George Sharp

"Very Best Fruit Cake"

- | | |
|--------------------------------------|--|
| $\frac{1}{4}$ lb. citron | $\frac{1}{2}$ cup strained honey |
| $\frac{1}{4}$ lb. lemon peel | 5 eggs |
| $\frac{1}{4}$ lb. orange peel | 2 cups flour |
| $\frac{1}{2}$ lb. cherries (candied) | 1 tsp. all spice |
| $\frac{1}{2}$ lb. pineapple | $\frac{1}{2}$ tsp. nutmeg |
| $\frac{1}{2}$ lb. nut meat | $\frac{1}{2}$ tsp. cloves |
| $\frac{1}{2}$ lb. dates | 1 tsp. salt |
| $\frac{1}{2}$ lb. raisins | 1 tsp. baking powder |
| $\frac{1}{2}$ lb. dry cocoanut | 6 tbs. fruit juice (grapefruit, grape, orange or other juice). |
| $\frac{1}{2}$ lb shortening | |
| $\frac{1}{2}$ cup sugar | |

Shred the peel, halve the cherries, nutmeats and dates. Cut the pineapple in pieces the size of almonds. Chop the cocoanut very fine. Dredge the fruit in $\frac{1}{4}$ cup flour. Sift the remaining with other dry ingredients. Cream the shortening with the sugar and add the honey. Stir in the eggs well beaten. Add the dry ingredients and the fruit juice, alternately blending thoroughly. Pour batter over the fruit and mix until all the fruit is well covered with batter. Line oiled baking tins with 3 layers of wax paper allowing $\frac{1}{2}$ inch of paper to extend above the sides. Pour all the batter into pans lightly do not flatten. Bake in a slow oven (250) degrees for four hours. Amount five pounds.

Place in a flat pan containing a cup full of water in the bottom of the oven while baking the cake.

—Better Homes & Gardens

Party Cake

1 cup outter
2 cups sugar
4 tsp. baking powder
3 1-2 cups cake flour
sifted 3 times

1-4 tsp. salt
1 cup milk
2 tsp. vanilla
6 egg whites

Proceed as for other cakes then add a large bottle m~~art~~aschino cherries including the juice which makes the batter pink and 3-4 cup sliced English Walnuts.

Bake one hour in an angel-food pan, greased.

—Mrs. P. R. Overholt

"White Fruit Cake"

1 $\frac{1}{4}$ lb. sugar
1 $\frac{1}{4}$ lb. butter
1 $\frac{1}{4}$ lb. bread and cake flour
3 lb. white raisins
1 $\frac{1}{4}$ lb. pineapple, candied—1 $\frac{1}{4}$ lb. candied cherries
1 1-4 lb. nut meats
 $\frac{1}{4}$ lb. each, orange, ginger, lemon, and citron peel
3 tsp. nutmeg
 $\frac{1}{2}$ cup brandy
 $\frac{1}{2}$ t. soda in $\frac{1}{4}$ c. butter milk
14 eggs
1 can cocoanut if desired

Cream butter—use hand to make this cake—add sugar and cream, add eggs one at a time beating well each time. Now add half the flour, buttermilk and soda, then the fruit and nuts that have been floured with remainder of the flour. Then add brandy. Pour in tube pans, steam 3 hours and then bake in very slow oven until dry—about 2 hours. Let cool in cake pans. When cold remove from pans. Saturate with wine or brandy. Wrap in cloths—wine may be added 2 or 3 times a week. Store in stone jars.

—Mrs. Cathleen Vaughan

"White Fruit Cake

8 eggs whites	1-2 lb. pecans
1 cup butter	1-2 lb. light figs
2 cups sugar	1-2 lb. dates
4 cups flour	1-2 lb. cherries
2 tsp. baking powder	1-4 lb. candied pineapple
1-2 cup light wine	1 lb. white raisins
1 tsp. lemon flavoring	1-2 lb. almonds
1-2 tsp. almond flavoring	1-4 lb. each, orange, lemon, citron.
1-2 lb. walnuts	

Make batter as for white cake, flour, fruits and nuts before adding. Line cake pan with waxed paper. Pour in batter and tie wax paper over top. Steam in steamer 3 hrs. Remove paper and bake in slow oven for 1-2 hr. or more. Save some fruits to decorate top.

—Mrs. C. C. Clendenin

"White" Fruit Cake

1 dozen eggs	1 lb. almonds
1 lb. butter	$\frac{1}{4}$ lb pineapple (glaced)
1 lb. flour	$\frac{1}{4}$ lb. cherries (glaced)
1 lb. sugar	2 lbs. white raisins
2 lbs. citron	$\frac{1}{2}$ lb. figs
2 lbs. shredded cocoanut	$\frac{1}{2}$ lb. Eng. Walnuts and pecans

Use regular pound cake method. This batter is very stiff. Fill pans three-fourths full.

Steaming rules for Fruit Cake:

One and two pound cakes 3 hours

Three and four pound cakes 4 hours

Five and seven pound cakes 4 1-2 to 5 hours.

Dry carefully in a slow oven. Let stand in pan until cool before removing.

—Mrs Ernest Smith

Orange Cake

1-2 cup butter	1-2 cup orange juice
2 cups sugar	8 Tb. cold water
4 eggs	2 3-4 bread flour
Grated rind of 1 Orange	3 t. baking powder

Cream butter and sugar add the well beaten egg yolks and grated rind of orange. Add orange juice and water. Alternate with sifted flour and baking powder. Add the stifly beaten egg whites. Bake in a moderate oven. Make 3 layers.

—Miss Margaret McLaughlin

"White" Fruit Cake

1 cup shortening
1 cup white sugar
5 eggs
1-2 lb. almonds (cut in 3 parts)
1-4 lb. citron, orange, & lemon peel
1-2 lb. cherries (candied)
1-2 lb. dates, cut coarse
1-2 lb. seedless raisins
1-4 lb. dried apricots cut fine
2 cups sifted flour
1 cup finely cut canned pineapple slices
$\frac{1}{2}$ lb. shredded cocoanut
1 $\frac{1}{2}$ tsp. baking powder
$\frac{1}{4}$ cup canned pineapple juice

Use regular fruit cake method.

—Good Housekeeping

Pecan Cake

6 eggs separated

1 lb. flour

1 lb. sugar

$\frac{1}{2}$ lb. butter

1 dessert spoon baking powder

2 lb. pecan meats

1 cup wine or milk

1 dessertspoon cinnamon

1 grated nutmeg

1 lb. raisins

Process: Cream butter, add half or sugar, and beat until very light. Sift flour 5 times and add half to butter, alternating with wine or milk. Beat yolks until very light with remaining half sugar and add to butter mixture. Sift twice the baking powder and nutmeg with remaining half flour and add alternately with stiffly beaten whites. Mix flour, raisins and nuts, using additional flour for that purpose, and add to mixture. Bake 3 or 4 hours in moderate oven.

—Mrs. P. T. Ward

(Copied from U. D. C. Cook Book)

Brazil Nut Spice Cake

Mix 1-3 cup shortening with 1 cup sugar, 2 well-beaten eggs, 3-4 cup finely chopped brazil nuts. Sift together 1 1-2 cups sifted cake flour, 1-2 tsp. salt, 1-2 tsp. cinnamon, 1-4 tsp. ginger, 1-4 tsp. cloves, and 2 1-2 tsp. baking powder. Add alternately with 1-2 cup strong coffee. Bake in 2 layers in moderate oven 375 degrees about 35 minutes

Decorate frosting with sliced Brazil nuts.

—Mrs. Ward R. Barlow

Silver Cake

$\frac{1}{2}$ cup butter

1 $\frac{1}{2}$ cup sugar

2 1-2 cups flour

2 tsp. baking powder

1 cup sweet milk

4 egg whites

Vanilla

Bake in loaf pan

—Mrs. James Moyer, Cass, W. Va.

Apple Cake

2 tbs. butter

2 tbs. sugar

Beat to a cream, add 2 cups flour, 2 tbs. baking powder, pinch salt, $\frac{3}{4}$ cup milk. Pour into sheet pan, have very thin. Use apples, peaches or any fresh fruits sliced thin and generously cover top sprinkle with sugar. Bake in moderate oven.

—Mrs. E. P. Shaffer, Cass, W. Va.

Delicious One-Egg Cake

2 $\frac{1}{2}$ tsp. baking powder

$\frac{1}{2}$ tsp. salt

1-3 cup butter

1 1-8 cup sugar

1 tsp. flavoring

1 egg

2 1-2 cups cake flour

1 cup milk

Bake in moderate oven (360) degrees. Can be used for short cake or cottage pudding.

—Mrs. C. B. Moore

Devil's Food Cake

$\frac{1}{2}$ cup cocoa mixed with $\frac{1}{2}$ cup boiling water and 1 t. soda.
1 $\frac{3}{4}$ cups sugar
1 cup butter
1 cup buttermilk
2 eggs
1 tsp. baking powder
1 tsp. vanilla
2 cups flour

Prepare cocoa mixture and while cooling: Cream butter and sugar add eggs one at a time, beat well. Sift flour and baking powder and add alternately with buttermilk, add vanilla. Bake in flat pan or 2 9 inch cake pans in moderate oven.

—Agatha Barlow

Cocoa Cake

Use the recipe for delicious one-egg cake and reduce the flour to 1 3-4 cup, increase the salt to 3-4 tsp., add 5 abs. cocoa and sift with dry ingredients.

Spice Cake

Add 1 tsp of cinnamon, 1-4 tsp of all spice, 1-4 tsp. of cloves to the Delicious One-Egg Cake recipe. Ice with plain cream frosting with chopped raisins, dates or nuts.

Never -Fail Sponge Cake

1 1-2 c. sugar
1-2 c. water

Boil sugar and water together until it spins a thread.
6 eggs (beat separately).

Beat whites stiff and add sugar syrup a little at a time. Then add beaten egg yolks. Fold in (one) cup of flour sifted with 1-2 t. cream of tartar. Bake (1 1-2) hrs. in a very slow oven.

—Mrs. C. B. Collins

COMPLIMENTS

J. E. BUCKLEY, ATTORNEY-AT-LAW

MARLINTON, WEST VIRGINIA

COMPLIMENTS

THE CHARLI-ROI.

MARLINTON, WEST VIRGINIA

ICINGS



Caramel Frosting

- | | |
|----------------------------------|--------------------------|
| 1 cup dark brown sugar | Few grains salt |
| 1 cup granulated sugar | $\frac{1}{2}$ t. vanilla |
| $\frac{1}{4}$ t. cream of tartar | 1 cup sweet cream |

Blend sugar, cream of tartar, and cream in sauce pan. Place over slow heat. Stir constantly until sugar is melted then place over fire and boil, stirring often, until the mixture will form a soft ball when tested in cold water or 232 degrees. Remove from fire add salt and vanilla. Let cool until luke warm. Beat until creamy. Enough for two layers.

—Mrs. A. O. Baxter

Caramel Icing

- 3 cups white sugar

Carmelize 3-4 cup sugar in skillet and pour 1-2 cup boiling water in and cool. Put rest of sugar on the stove with 2-3 cups sweet milk, 3 tsp. butter and cook until it boils. Add carmelized mixture and cook until it forms soft ball. Set aside to cool. Add the vanilla then and beat.

—Mrs. Jim Bear

Pineapple Filling

- | | |
|-------------------------------------|--------------|
| 1 cup whipped cream | 4 tbs. sugar |
| 1 cup crushed and drained pineapple | |

Spread on cake when perfectly cold.

Orange Cocoanut Filling

- | | |
|--------------------------------|------------------------|
| 3 $\frac{1}{2}$ tb. flour | 4 tb. lemon juice |
| 2 tb. water | 2 tsp. butter |
| 1 grated orange rind | 1 egg slightly beaten |
| $\frac{1}{2}$ cup orange juice | 3 cup chopped cocoanut |

Combine flour, sugar, orange juice, orange rind, lemon juice, water, egg and butter. Cook in double boiler 10 min. stirring constantly. Add cocoanut cool before spreading.

—Mrs. Ernest Smith

Uncooked Lady Baltimore Icing

- | | |
|------------------------------|-----------|
| 3 cups sifted powdered sugar | Cream |
| Juice of 1 lemon | Flavoring |

Mix juice and sugar with enough cream to make mixture spread. Reserve enough of this for icing. To the remainder add, 1 cup of mixed fruits (raisins, nuts, pineapple and maraschino cherries). Be sure cake is absolutely cold before using this.

—Mrs. Harding Bankhead

Twice-Cooked Frosting

- | | |
|-----------------------|------------------------------|
| 1 1-2 cup sugar | 2 egg whites, stiffly beaten |
| 1 t. light corn syrup | 1 t. vanilla |
| 3-4 cup water | |

Cook sugar, syrup and water until mixture spins a thread (240)
Pour hot syrup slowly over egg whites beating constantly. Place bowl of frosting in pan of hot, (not boiling) water and beat with wire whisk until there is a slight scraping noise along sides of pan, and the frosting holds its shape. Add flavoring beat thoroughly and spread on cake. This frosting is sweeter and heavier than plain boiled frosting and stays moist longer.

Tutti Frutti Icing

1 oz. each of chopped citron, cherries, seedless-raisins, pineapple, and blanched almonds, chopped. Mix with boiled icing and spread between layers and over cake.

—Mrs. A. O. Baxter

Seven Minute Icing

1 egg white	1-8 t. salt
3 tbs. cold water	1-4 t. cream of tartar
7-8 cup sugar	

Put all together in double boiler. Beat hard with rotary egg beater while cooking over boiling water. It is better cooked nine minutes. Flavor with a few drops of vanilla. Beat well and spread over cake.

Mrs. A. O. Baxter

Wonder Frosting

1 pkg. Phila. cream cheese	1-2 tsp. vanilla
1 pkg. powdered sugar	Cream

Cream cheese and sugar together until it thickens. Then add vanilla and cream or milk until right consistency to spread.

Never Fail Chocolate Frosting

3 sq. chocolate	2 cups sugar
3 tbs. butter	1 tsp. vanilla
3-4 cup unsweetened condensed milk	

Bring sugar and milk to a boil and add melted chocolate and butter. Boil to soft ball stage when tested in cold water. Cool to blood heat. Beat until consistency to spread. If it becomes too stiff while spreading add more milk.

—Sharon Clendenin

Minute Fudge Frosting

1-2 cup butter	1-8 ts. salt
4 squares chocolate	1-2 cup milk
2 cups sugar	

Melt butter and chocolate in pan over slow fire then add milk and sugar, stir constantly until sugar is thoroughly dissolved. Then bring to a full boil and boil one minute. Remove from fire—Stir immediately. When right consistency spread on cakes.

Caution—Do not let butter and chocolate boil.

—Mrs. Pauline Casdorff

Lemon Filling

1 tb. butter
2 tbs. flour
1 egg

1 cup sugar
1-2 cup water
Juice and rind of two lemons

Blend the butter and flour together, as in making white sauce. Add the sugar and the egg, the water and the grated rind and lemon juice, and mix all together. Cook in a double boiler until thickened (about 20 min.) Place between layers of a white cake. Ice with a boiled frosting.

Plain Cup Cakes (Plain)

1-2 c. fat
1-2 cup flour
2 eggs
2 cups flour
2 tsp. baking powder

1-2 tsp. salt
2 squares melted chocolate
2-3 cup sweet milk
1 cup nuts (2-3 in cake and 1-3 on top)

Bake in moderate oven.

Use as plain cup cakes. Substitute light brown sugar, use dates instead of nuts—omit chocolate.

—Mrs. E. P. Shaffer, Cass, W. Va.

Sour Cream Doughnuts

1 cup sour cream
3 cups flour
1 cup sugar
2 eggs

1 tsp. soda
1-2 ts. salt
1-2 ts. nutmeg

Beat eggs well. Add sugar, sour cream and dry ingredients, roll, cut and fry in deep hot fat.

—Cathleen Vaughan

Pecan Bars

2 cups brown sugar
1-2 cup melted butter
1 cup flour

1 ts. vanilla
1 c. chopped pecans
2 eggs

Mix together. Bake twenty minutes in a moderate oven. Cut in squares or stripes and roll in powdered sugar.

—Mrs. Ted King

Chocolate Pinwheel Cookies

1-2 c. butter
1-2 c. sugar
1-2 ta. baking powder
1 ta. vanilla
1-2 ta. salt

3 tb. milk
1 egg
1 sq. melted chocolate
1 1-2 c. flour

Mix well. Divide the dough into two portions. Add the chocolate which has been melted on the low heat to one portion. Turn the white portion on to a lightly floured board. Roll into a thin sheet. Roll chocolate the same shape. Place one on the other and roll up like a jelly roll. Slice into cookies after chilling.

$\frac{3}{4}$ c. shortening
 $\frac{1}{2}$ c. sifted confectionary sugar
1 $\frac{1}{2}$ c. flour sifted

$\frac{1}{2}$ ta. salt
2 eggs, well beaten

Tom Thumbs

Work the shortening, sugar, and salt into the flour. Mix to a stiff paste with the beaten eggs. Shape spoonfuls of paste into balls about the size of marbles. Roll in confectionary's sugar, place on a baking sheet covered with waxed paper, and flattened with a spatula. Bake in a moderate oven (350 degrees) 25 minutes. When cool, put two cookies together with confectionary sugar icing. Makes 1½ doz. cookies.

Confectionery Sugar Icing

- | | |
|--------------------------|-----------------|
| ¼ c. shortening | Few grains salt |
| ½ c. confectionery sugar | 1 ts. vanilla |

Cream the shortening until soft. Stir in the sugar, salt and vanilla and mix thoroughly. Spread the filling thickly between the cookies.

Mince meat Hermits

- | | |
|---------------------|---------------------|
| ½ c. shortening | 3 t. baking powder |
| 1 c. sugar | ½ t. salt |
| 2 eggs | 1 t. cinnamon |
| ¼ c. Carnation milk | ½ t. cloves |
| 2 c. flour | ½ t. allspice |
| 1 c. mincemeat | themthemthemthemthm |

Cream shortening and sugar. Add eggs unbeaten. Beat well. Add flour sifted with dry ingredients alternately with milk. Add mincemeat. Drop by teaspoonfuls on oiled baking sheet. Bake in 350 F. oven 15 to 20 minutes or until browned.

—Mrs. G. R. Pryor

Corn Flake Macaroons

- | | |
|--------------------------|---------------------|
| 2 egg whites | 1 c. moist cocoanut |
| 2 c. crushed corn flakes | 1 t. vanilla |
| 1 c. sugar | |

Beat egg whites stiff, add sugar, beat well, fold in corn flakes. Add cocoanut and vanilla. Drop by spoonful on greased baking sheet. Bake carefully in slow oven 15 minutes. Remove from sheet while hot.

Cocoanut Cookies

- | | |
|-----------------------------|------------------------|
| 1-2 c. butter or shortening | 1 t. vanilla |
| 1 c. light brown sugar | 1-4 t. lemon extract |
| 1-4 c. cream | 1-8 t. salt |
| 1 egg or 2 yolks | 1 1-2 t. baking powder |
| 1-2 c. cocoanut | 2 c. flour |

Cream butter and sugar. Add cream and eggs. Beat well and add rest of ingredients mixing lightly. Chill dough and then drop portions from tip of spoon on to a greased baking sheet. Bake 10 minutes in a moderate oven.

—Mrs. John Bear

COMPLIMENTS

J. M. Yeager, M. D.

MARLINTON, WEST VIRGINIA

Pineapple Drop Cookies

Cream together 1-2 cup shortening, 1 cup brown sugar, one egg, and add 3-4 cup crushed pineapple drained, sift together two cups flour, 1-4 ts. salt, 1-4 ts. soda, 1 ts. baking powder. Add to first mixture with 1-2 cup chopped walnuts, 1 ts. vanilla. Mix well. Drop by spoonfuls on baking sheet. Bake at 400 degrees. Makes 3 1-2 dozen. —Mrs. Ward R. Barlow

Gum Drop Cookies

4 eggs	$\frac{1}{4}$ ts. salt
2 c. flour	18 large gum drops cut in small pieces
1 c. broken nut meats	
2 c. brown sugar	

Beat eggs, add sugar, flour, salt, stir well. Add nuts and gum drops. Spread on cookie sheet and bake in moderate oven.

—Mrs. A. E. Cooper

German Almond Cookies

1 c. shortening	$\frac{1}{4}$ ts. cinnamon
$\frac{1}{2}$ c. white sugar	$\frac{1}{4}$ ts. nutmeg
1 c. brown sugar	$\frac{1}{2}$ ts. soda
2 eggs	$\frac{1}{4}$ ts. salt
$\frac{1}{2}$ ts. vanilla	$\frac{1}{2}$ c. finely chopped almonds
3 c. flour	

Method is the same for any ice box cookie.

—Mrs. Paul Overholt

Oatmeal Cookies

Cream 1 cup of shortening, 1 cup brown sugar and 1 cup of white sugar, add two beaten eggs and 1 ts. vanilla, add 1 $\frac{1}{2}$ cups flour; 1 ts. salt, 1 ts. soda, add three cups of quick cooking oatmeal, and $\frac{1}{2}$ cup of nuts. Mix and form in long rolls. Chill thoroughly, slice 1-4 inch thick. Bake on ungreased cookie sheet in moderate oven. (350 degrees) for ten minutes. Makes five dozen cookies.

Nut Macaroons

2 egg whites beaten stiffly	$\frac{1}{2}$ c. brown sugar
$\frac{1}{2}$ c. granulated sugar	
1 c. English Walnuts chopped fine and slightly salted.	

Mix in the order given and drop a teaspoon at a time about 2 inches apart on a well-greased cookie sheet and bake in a very slow oven, (250), for about 45 minutes.

—Mrs. E. L. Fenton

Ginger Cookies

2 c. crisco or 1 crisco and 1 butter	2 ts. ginger
1 1-2 c. white sugar	1 c. molasses
1 c. buttermilk	4 ts. soda (level)
2 ts. cinnamon	6 c. flour
3 eggs	

Drop from spoon on greased cookie sheet.

KENNETH M. GILLESPIE

FLORIST

THE GREENBRIER HOTEL

White Sulphur Springs, West Virginia

FLOWERS FOR ALL OCCASIONS — Mrs. J. H. Vaughan, Agent
Delivery Service **Marlinton, W. Va.**

Bus leaves 12:00 A. M. and 9 P. M.

Train Leaves 8:15 A. M.

Large Orders Delivered By Truck

For Flavoring Food Products

Pure Extract of Vanilla

S. B. WALLACE & CO.

MARLINTON, WEST VIRGINIA

COMPLIMENTS

COYNER BROS.

GENERAL MERCHANDISE

CLOVER LICK, WEST VIRGINIA

ROYAL DRUG STORE

THE REXALL STORE

Agents For

Nyal Family Remedies

Whitman Candies

Eastman Kodaks

Parker Pens

A COMPLETE PRESCRIPTION DRUG STORE

MARLINTON, WEST VIRGINIA

Bon Bon Cookies

1 cup butter creamed, add 1 1-2 cups confectionery sugar, add one beaten egg, 1-2 ts. vanilla and almond extract, beat well, add 2 1-2 cups flour, sifted with one ts. soda, and one ts. cream of tartar, beat thoroughly, chill one hour. Form in small balls on greased baking sheets. Flatten and center each with an almond. Bake in a moderate oven (375 degrees) ten to twenty minutes. Makes five dozen cookies.

—Cathleen Vaughan

Filled Cookies

1 c. white sugar	1 tsp. nutmeg
1 c. brown sugar	1 tsp. soda
1 c. butter or butter and lard	3 eggs
5 c. flour	2 tbs. sour milk
1 tsp. baking powder	2 tsp. vanilla
$\frac{1}{2}$ tsp. salt	

Mix sugar, flour, salt and nutmeg, rub in butter, beat eggs and add dissolved soda in milk and add to mixture. Add vanilla; roll thin; cut with small cutter. Put one tsp. raisin filling on one cookie and cover with another. Bake in a moderate oven (350 degrees)

Filling: 1 box seeded raisins, 1 tb. cornstarch, 1 cup brown sugar, 2 cups hot water. Cook well. This recipe makes 4 $\frac{1}{2}$ dozen large or six doz. small cookies.

— Cathleen M. Vaughan

Ice-Box Cookies

1 c. white sugar	$\frac{1}{2}$ c. lard— $\frac{3}{4}$ c. butter
1 c. brown sugar	1 ts. cinnamon
4 $\frac{1}{2}$ c. flour	1 ts. soda
3 well-beaten eggs	$\frac{1}{2}$ ts. baking powder
1 c. chopped nuts	

In the evening mix the dough and form into rolls and let stand overnight in the refrigerator. Wrap in wax paper. In the morning slice thin and bake. Put melted chocolate in half of dough if desired.

Mince Meat Squares

1-2 c. shortening	1 3-4 c. rolled oats
1 c. brown sugar	1-2 t. salt
1 1-2 c. flour	Mince meat
1 t. soda	

Work the first five ingredients into a crumbly mixture. Add rolled oats. Mix well.

Put 1-2 mixture into shallow greased pan. Pat well in place; spread with mince meat, sprinkle with remaining mixture, patting into place. Bake in slow oven 325 degrees for 25 minutes while still warm. Cut into bars and remove from pan.

—Georgia King

Gooseberry Jam

Pick the gooseberries just as they begin to turn. Stem, wash and weigh. To four pounds of fruit add half a teacupful of water; boil until soft, add four pounds of sugar and boil until clear. If picked at the right stage the jam will be amber colored and firm, and very much nicer than if the fruit is preserved when ripe.

—Mrs. P. T. Ward

Sandwich Spread

12 green peppers, cook until tender 2 c. vinegar
12 red peppers, cook until tender 4 tb. flour
1 c. sugar 1-2 pt. mayonnaise
1 lb. cheese Salt to taste
1 c. prepared mustard

Add mayonnaise just before removing from fire and store in a cool place.

—Mrs. J. H. Vaughan

Chili Sauce

8 large tomatoes 2 tbs. salt
6 large apples 2 cups white sugar
3 red sweet peppers 1 qt. vinegar
3 large onions
1 hot pepper or 1-2 tsp. cayenne pepper

Cook tomatoes, and if too much water dip off a little. Cook apples and run through a sieve. Grind the peppers and onions. Put all ingredients together and boil for one hour or until thick. Then add 1 tsp. cinnamon, 1 of all-spice and 1-2 tsp. cloves. Seal hot.

—Mrs. P. T. Ward

Tomato Cocktail Juice

1-2 bu. tomatoes 2 bunches celery
1-2 doz. bay leaves 1-2 doz. small onions
1 doz. cloves 4 tbs. vinegar
1 c. sugar Salt to taste.

Cook tomatoes, onions, cloves, celery, bay leaves together until tender. Strain, add sugar, salt to taste. Boil 25 min. Seal while hot.

1 pt. teated, added to 2 tbs. gelatin, dissolved in cold water makes lovely tomato aspie.

Grated lemon rind added to cold juice improves flavor.

—Mrs. C. C. Clendenin

Brandied Peaches

Use fresh cling stone peaches. Pour boiling water over the peaches and wipe off the down. Make a syrup of one-half pound sugar to one pound fruit. Boil and skim the syrup, put in the peaches and let cook 15 minutes. Dip the peaches without syrup and cool on a plate.

Boil the syrup down to one-half it's quantity and put in equal quantities of apple brandy after taking syrup off the stove. Pour the syrup over plentifully. Seal.

This was my mother's recipe.

—Contributed by Nancy McNeel Currence

Spiced Pears

Prepare the fruit canning by paring, make a sirup of:

6 to 7 c. sugar	1-2 oz. stick cinnamon or cassia buds
2 c. vinegar	1-2 oz. whole cloves
1-2 c. hotwater	7 lbs. of pears (or other fruit)

Mix the sugar-vinegar, water and spice (these may be tied loosely in a piece of cloth and removed when ready to pack in the jars).

Boil 5 minutes, then add the pears carefully, reduce the heat, and cook slowly. The pears may be cooked in the sirup until tender, then packed into hot sterilized jars. The sirup is cooked 5 min. longer, then poured over the fruit and the jars sealed for storing.

Or, the other method which makes a fine firm fruit pickle is to cook the fruit first until almost tender, remove from the stove, place a weighted lid on the fruit keeping it well under the sirup and allowing to stand over night. In the morning drain off the sirup, boil 5 minutes, pour over the fruit and weight down. Repeat this process once more, and the last time pack the fruit into sterilized jars, pour over the boiling sirup and seal.

Strawberry Preserves

Cover in boiling water one quart basket of strawberries for one minute. Put them in a colander and pour ice water (or good cold water) over them, then cap.

Take 2 c. sugar, put on stove, let dissolve and boil for five minutes, add berries, with two more cups of sugar, boil five minutes. Remove from stove and let stand until cool before sealing in jars.

Sometimes I boil just a little bit more, depending on the thickness of the juice. Also I usually melt the first sugar in double boiler but the above is the original receipe.

—Mrs. George Sharp

Strawberry Preserves

Use firm ripe berries of good color. Place in a preserving kettle with an equal weight of sugar. Heat slowly to the boiling point with gentle stirring. Boil 3 or 4 minutes. Chill to the room temperature as quickly as possible. Allow to stand with occasional gentle stirring until the berries have thoroughly absorbed the syrup and have ceased to float. This may require several hours. Fill sterilized jars with drained berries. Cook juice rapidly until thick (fairly thick) pour over berries and seal.

Other berries may be preserved in the same way as strawberries but will usually withstand more boiling.

—Mrs. Barbara Bragg

A little lemon juice added improves the flavor.

George's Marmalade

1 no. 2 can shredded pineapple

1 lb. dried apricots

Soak apricots in as much water as they will absorb. Then Grind. Combine and to one pint of puree add one pint of sugar. Cook until clear.

4-H Chef "George"

Contributed by Nancy McNeel Currence

Brownies

2 squares of chocolate and 1-2 cup of butter melted. Mix 1 cup sugar with 2 eggs add 1-2 cup flour, sifted once with 1-2 t. salt to eggs and sugar. Mix in chocolate and butter. Add vanilla and nuts. Bake 45 minutes in oven at 350 degrees.

—Esther S. Davis

Danish Cookies

1 1-3 c. shortening (salt with crisco)

1 1-3 c. sugar

1 c. ground almonds

1 tbs. orange juice

1 whole egg

1 egg yolk

1-2 ts. cinnamon

2 1-2 c. flour

A little grated orange peel.

Make into rolls and let stand over-night Bake in hot oven.

—Mrs. J. A. Sydenstricker

Pecan Dreams

1-2 c. butter

1-4 c. confectioner's sugar

Mix thoroughly. Spread in pan about 11x15 inches. Mix batter of following and spread on first mixture.

2 eggs

1 1-4 c. brown sugar

2 T. all purpose flour

1 c. sifted cake flour

1-2 t. baking powder

1 c. chopped pecans

1-2 c. shredded cocoanut

Bake from 25 to 30 minutes in oven at 375 degrees. When cool cut in squares.

Chinese Chews

2 egg yolks beaten

1 c. brown sugar

3-4 c. all purpose flour

1-2 Tsp. baking powder

1-2 tsp. salt

1-2 c. chopped walnuts

1 c. dates—cut coarse

3 egg whites beaten

Mix sugar with egg yolks and egg whites. Blend, add rest of ingredients. Spread 1-2 inch deep in baking pan and bake 1-2 hour in slow oven. Cut while hot in stripes or squares and roll in balls and then in powdered sugar.

Molasses Cinnamon Snaps

Cream 1 cup sugar with 1 cup shortening. Add 1 cup Brer Rabbit Molasses; then add 2 tsp. soda which has been dissolved in 2 tbs. warm water. Sift 2 cups flour with 1 tbs. cinnamon, 1 tbs. ginger and 1-2 tsp. salt; add to first mixture. Add enough more flour (3 to 4 cups) to make a stiff dough. Roll out very thin on slightly floured board. Cut in desired shapes and bake 8 to 10 minutes in a moderate oven (350 to 375 degrees). Makes about 100 cookies.

—Mrs. C. W. Price

Scotch Rolls

4 tbs. confectioners sugar
2 c. flour

1 c. butter
2 c. nuts, broken pecans or almonds
Cream butter, add nuts, flour and sugar, creaming until well mixed.
Shape into small rolls. Bake in moderate oven. Roll in confectioners sugar
—Mrs. Elizabeth Dorsey

Ice Box Cookies—3 Kinds

3-4c. to 1 c. butter
3 c. brown sugar
3 eggs
3-4 t. soda

3-4 t. cream tarter
5 c. flour
1 t. vanilla

Divide in two parts. Now divide one-half into one quarter parts. Add to:
To 1-4—1 c. cocoanut—Mix and roll.

To 1-4—1-2 c. nuts—Mix and roll.

To 1-2—make into rolls slice and fill with following.

1 c. dates

1-4 c. water

1-2 c. sugar

1-2 c. nuts. English Walnuts

Juice of half orange or lemon. Cook until thick.

Snicker Doodles (Cup Cakes)

1-2 c. butter

2 1-2 c. flour

1 c. sugar

1-2 ts. salt

2 eggs

1-3 c. seeded raisins + $\frac{1}{3}$ c currants

1-2 ts. mace

1 ts. soda

1-2 ts. cloves

1-3 c. nuts

1-2 ts. cinnamon

1 tb. hot water

3-4 cup sour milk

1 ts. baking powder

Cream butter, sugar and egg yolks together. Add raisins, currants and nuts cut fine. Add soda dissolved in hot water. Mix and sift flour, salt and spices and add alternately with the sour milk to the first mixture. Fold in one stiffly beaten egg white. Pour in muffin pans. Bake in a hot oven. (325 degree) 15 to 20 minutes. —Mrs. Frances McComb Jones

Pumpkin Cupcakes

1-2 c. shortening

3 t. baking powder

1 1-2 c. sugar

1 c. pumpkin

2 eggs—slightly beaten

3-4 c. milk

2 1-4 c. sifted flour (cake)

1-2 t. soda

1-2 t. cinnamon

1-2 c. nut meats

1-2 t. ginger

1-2 t. salt

1-2 t. nutmeg

Sift flour, spices, salt, baking powder. Cream shortening, sugar, add eggs. Beat well until fluffy. Blend milk and pumpkin and add soda. Add alternately with flour to sugar mixture and beat until light. Add nut meats and bake in individual paper cups 35 minutes in (350 degrees) oven. Serve hot with nutmeg flavored whipped cream. Makes 24 cakes.

CANDY

◆
"Sweetmeats: messengers of strong
Prevailment in unhardened youth."

Shakespeare

◆ Fudge

2 c. white sugar
2 1-2 oz. chocolate
2-3 cup milk or cream

2 scant T. Karo syrup
Big lump butter
Pinch salt

Cook to soft ball or 238 degrees. Be sure to have sugar thoroughly dissolved before allowing to boil. Beat with electric mixer for about 3 min.

—Mrs. Carlyle Wade

Cream Mints

2 c. sugar
3 T. white corn syrup

1-2 c. cold water

Put sugar, corn syrup and water in sauce pan, stir until sugar is dissolved; bring to boiling point. Wipe down crystals from sides of pan and cook until it forms a soft ball in cold water or to 240°F. Cool and work as fondant until mixture is creamy and white. Melt a small portion at a time over hot water. Color and flavor and drop on wax paper.

—Mrs. Fred Moomau, Greenbank, W. Va.

Peanut Butter Fudge

2 c. brown sugar
3-4 c. condensed milk

4 tbs. peanut butter
1 tsp. vanilla

Mix together and cook to soft ball stage, when tested in cold water. Cool to blood heat, add vanilla and lump of butter. Beat until creamy.

—Patricia Clendenen

Fondant

1 lb. granulated sugar.
¼ t. cream of tartar

3-4 cup boiling water

Mix and stir with a flat wooden spoon until sugar is dissolved. Boil steadily to 238 degrees. Wipe sugar crystals from inside of pan but be careful not to shake pan. Pour syrup into shallow greased dish, meat-platter is suitable. Allow to cool and then stir rapidly with a wooden spoon until a thick white mass is formed, after which knead by hand until soft and smooth. Place in a bowl and cover with a damp cloth. Let stand until next day when it can be used in many ways. Color and flavor to taste, use walnuts, pecans, or almonds. Make peppermints of chocolate drops after shaping, allow to become hard before dipping in melted chocolate. If fondant becomes sugary, dissolve with boiling water and recook.

Maple Butterscotch Candy

2 c. maple syrup
1 tsp. vinegar

3 tbs. butter

Boil until firm ball in water forms.

Pour in buttered pan. When cold cut in squares.

—Mrs. J. R. Cooke

Nutted Caramel Chews

1 c. sugar
1-2 c. light corn syrup
1-2 c. condensed milk
1-2 c. evaporated milk

2 T. butter
1 t. vanilla
1-4 c. water

Pecans or walnuts chopped. Cook sugar, syrup, condensed milk, evaporated milk, water and butter together stirring constantly to 246 degrees or until a very firm ball (but not hard) is formed when a small amount is dropped into cold water. Add vanilla. Drop by spoonfuls into chopped nuts. Shape into balls with the hands. Work quickly.

—Mrs. John Bear

Divinity

1 c. brown sugar
1 c. white sugar
1-4 c. white syrup
1-2 c. water

Pinch salt
2 egg whites
1 c. nut meats if desired

Cook sugar, syrup and water to 265 degrees. Pour slowly into the beaten egg whites to which salt has been added. Beat until right consistency to hold shape, when dropped by teaspoon on waxed paper.

Cream Candy

6 c. granulated sugar
1 1-2 cans carnation milk

1 small can of white Karo syrup

Cook until it forms a firm ball when dropped in cold water. Take from stove and add 1-2 lb. of butter and 1 T. vanilla.

Add cup of nuts or cup of cocoanut. Beat until it is creamy. Pour into buttered pans and cut in squares. Makes 5 lbs. of candy.

2 squares of chocolate may be added to half of syrup.

—Mrs. J. B. Moore

Candied Orange Peel

6 large oranges, peel only
1 tbs. salt
4 c. water

3 c. sugar
Hot water

Cover peel with salt and water; weight down; let stand overnight. Drain and wash thoroughly. Cover with cold water. Bring to boiling. Repeat 3 times, changing water each time. Cut peel in 1-3 inch stripes with scissors; measure 3 cups. Add sugar and hot water to just cover. Cook until peel is translucent. Drain; roll in sugar and dry on wire cake rack.

CANNING

◆
"The best of households have their family jars."
◆

Vegetable Soup

Finely dice 3 carrots, 3 onions, 3 green peppers, some parsley, bunch of celery, including fine white leaves; slice thinly a pint okra pods, if on hand and cook in just nough water to cover and then add to the first named vegetables which may also be cooked tender before adding to one peck of fine ripe tomatoes which have been cut up. Cook all until tender. Then add corn cut from a doz. or less ears of sweet corn.

Season to taste with sugar, salt, and a bit of cayenne and cook just ten minutes more.

Use favorite vegetables of your family in place of or in addition to the above. Seal in sterilized jars.

A soup stock may be used also. It is best to cold pack the mixture an hour or more. —Mrs. Paul Overholt

Mint Jelly

2 lbs. tart apples
2 cups boiling water
Cooking time: 30 min.
Yield: One qt. juice.

3 cups sugar
Boiling time: 5 to 8 min.
One tablet green coloring
One Tbs. water
Yield: ten glasses (six ounce size)

1 cup chopped mint leaves
Boiling time 3 minutes
Wash apples; cut into eighths; put in a saucepan with boiling water. Cover, boil until apples are very soft. Turn apples and liquid into a jelly bag; let drip undisturbed. Measure 1 qt. of juice into a saucepan and add mint leaves; boil briefly then starin into pan. Bring juice to a boil; add sugar (three-fourths cup to each cup of juice.) bring to a boil and boil until juice sheets from a spoon. Turn out heat; add dissolved green coloring, stir quickly. Pour jelly into hot, sterilized glasses. Cover with melted paraffin at once.

Bread and Butter Pickle

1 gal. cucumber sliced very thin 2 green and 2 red peppers
8 small onions sliced thin

Add 1-2 c. salt and plenty cracked ice. Let stand under a weight 3 hrs. Drain and add hot syrup, scalded but not boiled, stir with wooden spoon.

Syrup
5 c. sugar
5 c. vinegar
1 1-2 t. tumeric
1-2 t. cloves
2 T. mustard seed
1 t. celery seed

Watermelon Sweet Pickle

8 lbs. watermelon rind
4 lbs. sugar
1 qt. water

1-2 c. pickle spices
1 lemon sliced thin

Select a watermelon with a thick rind. Peel and remove thick red part leaving only the white rind. Cut in cubes or strips and cover with a brine using 1-4 c. salt to 1 qt. water. Let stand over night. Drain and boil in clear water until the rind is tender but not soft. Boil sugar, vinegar, and pickle spices (tied in a cheese cloth bag) together 5 min. Add the rind and boil until clear. Let rind stand in syrup over-night. Remove rind and let syrup boil 5 min. Repeat this process 3 times. Heat thoroughly. Pack in clear hot jars and seal.

—Mrs. E. L. Fenton

Peach and Orange Marmalade

2 doz. firm ripe peaches (about 5 lbs) 3 1-2 lbs. sugar
4 oranges

To prepare the fruit, wash and peel the peaches, remove stones and cut into thin slices. Wash and peel the oranges. Cut the skins of the oranges into thin strips and the orange pulps into small pieces, removing all the white membrane. Combine in a large kettle and add the sugar. Let stand covered over night.

In the morning bring the mixture to a boiling point and simmer gently. Shake the kettle occasionally to prevent sticking when the mixture looks clear, test in a cold plate and see if it is thick. Pour into hot sterile glasses.

—Mrs. O. G. Olson

Apple and Grape Marmalade

1 qt. well cooked strained apples 1 pt. cooked strained grapes

Pour together and cook about 2 hours, season with 2 cups sugar or more if not sweet enough, 1-2 tsp. nutmeg, 1 tsp. cinnamon; cook another half hour. Pour into glasses when cool. Cover with paraffin.

—Mrs. Mark Wilson

Spiced Tomato Jam

2 pounds ripe tomatoes, peeled 12 cloves
1 pound of brown sugar 24 grains all spice
2-3 cup vinegar 1 large stick cinnamon

Put all in kettle and simmer over a slow fire until thick. This makes a little over one pint. Good served with cold meat.

—Mattie Gilmore

Cucumber Slices

1 pk. cucumbers sliced medium, 1-2 doz. large white onions, sliced, 1 scant pint of salt. Let stand 1 hr. Drain 2 hrs. Add 2 lbs. granulated sugar 1 oz. mustard seed, 2 oz. celery seed, 1 tsp. tumeric, 1 tbs. red pepper. Cover with vinegar—let come to boil and seal.

—Mrs. J. C. Groves, Cass, W. Va.

Mixed Pickle

10 ears corn
1 gal. green beans
6 red peppers
6 green peppers
12 green tomatoes

6 red tomatoes
10 medium onions
6 cucumbers
2 heads cabbage

Break beans in inch pieces, pre-cook. Shred cabbage fine, cut rest of ingredients coarsely. Mix 2 qts. vinegar, 1 pt. water, 3 lbs. sugar, small lump alum, 1 tsp. tumeric. Put in vegetables, bring to boil, boil 2 min. Seal.

—Mrs. C. C. Clendenin

Canned Corn

8 cups corn
2 cups sugar

1 cup salt

Cut corn off cob, mix with salt and sugar. Let stand 20 minutes. Put on stove and let come to good boil. Can and seal.

When you go to use the corn put it under water and let water run through sieve for about 30 minutes until some of the salt is soaked out and then fix as you would any corn.

—Miss Edgar Thomas

Pepper Relish

1-2 doz. green peppers
1-2 doz. red peppers

1-2 doz. green tomatoes
3 small onions all ground. Drain well

Cover with water & 1-2 teaspoon salt and let come to the boil, strain again. Make syrup of 1 1-2 cups vinegar, 1 cup sugar, 1 cup fine chopped celery.

1-4 ts. tumeric
1-4 ts. celery salt
1-4 ts. paprika

1-4 ts. cloves
1-4 ts. salt—or season to taste

Put in vegetables, scald 5 minutes. Then on back of stove to steam 1-2 hr. Seal.

—Mrs. Mark Wilson

Dried Corn

8 qts. corn
1-2 c. sugar

1-4 c. salt
1-2 pt. cream

Cook 10 minutes then put in pans and dry in oven. This does not have to be soaked over night before using.

HOME PRODUCE MARKET

F. P. McClaughlin, Prop.

Fresh Meats, Poultry, Eggs, Etc.

MARLINTON, WEST VIRGINIA

German Pickles

Soak 2 gal. medium sized cucumbers in salt brine for five days. Remove from brine and soak in clear water for 24 hrs. Change water frequently. Cut in cubes 1-2 inch thick. Then wash and place in kettle lined with grape leaves. Cover with alum water. 1 oz. of alum to five pints of water. Simmer in this 2 hrs.. Remove from fire and wash in cold water. Then boil in strong Root ginger tea. 1 oz. ginger root to 2 gal. water.

Make syrup of 4 lbs. sugar 3 1-2 pts. vinegar, 1 pt. water, 1-2 oz. celery seed, 1-8 oz. stick cinnamon, 1-8 oz. whole cloves. Boil and pour over cucumbers and seal in jars.

—Madge Kramer

Dill Pickles

Take small or medium size cucumbers, scrub and pack in air-tight jars with two or three pieces of dill, about a table spoon of mixed pickling spices, three cloves of garlic. Place on bay leaf and one piece of alum the size of a pea on top of each jar (I use one-half gal. jar.)

Bring to a boil 2 c. water, 1 c. of good vinegar, one level T. salt. Pour boiling hot over pickles and seal air-tight. Be good in about 6 weeks.

—Mrs. George Sharp

Icicle Pickles

Select fresh, crisp cucumbers 5 to 6 inches long. Cut into quarters lengthwise and cover with water and plenty of cracked ice. Let stand in the iced water for 3 hrs., adding more ice as it melts. Drain thoroughly and pack in quart jars, standing the cut cucumbers upright. Insert 2 or 3 stalks of celery cut the same length. Add 3 small white onions or their equivalent in sliced onions. In the meantime have the following pickling syrup prepared.

1-2 cup of salt

1 qt. of light colored cider vinegar

1 tba. of mustard seed

1 1-2 cups of sugar

Mix the foregoing ingredients, bring to scalding and pour in the jars. Seal and store for 2 months before using. This is ample liquid for 2 qts. of pickles.

Brandied Peaches

Place a layer sugar 1-2 inch thick in bottom of glass jar, then put in a layer of peaches (not seeded) but peeled. Cover peaches and crevices with sugar, do this until jar is filled having a layer of sugar on top. Fill and seal. Wrap in paper and put it in dark, cool place, keep for a few months before opening. If possible bury below freezing line for 5 or 6 months.

—Dr. E. G. Herold

Mince Meat

3 c. chopped cooked beef

1 T. salt

2 lbs. raisins

2 T. cinnamon

6 c. chopped apples

2 lbs. currants

5 c. sugar

2 c. boiling water

2 c. chopped suet

1 1-2 c. vinegar

2 c. thinly sliced citron

1 c. molasses

1 1-2 T. all spice

Combine ingredients and cook slowly, stirring frequently, one hour. Put in quart or pint jars and seal.

—Mrs. E. L. Fenton

Winter Salad

- | | |
|-----------------------------|---------------------------|
| 1 qt. sliced green tomatoes | 2 qts. small cucumbers |
| 2 qts. shredded cabbage | 2 qts. small onions |
| 2 red peppers (chopped) | 2 green peppers (chopped) |
| 1-2 Tbs. tumeric | 1-4 cup salt |
| 1-2 Tbs. whole all spice | 1 tbs. mustard seed |
| 2 cups sugar | 1 qt. vinegar |

Combine tomatoes and 1-2 the salt. Let stand overnight. Drain-Rinse-Drain.

Combine spices, sugar, salt and vinegar. Boil 10 minutes, add vegetables pack in sterilized jars. Seal.

—Mrs. P. T. Ward

Best Pickles Ever-Made

- 1 peck green tomatoes, sliced thin 1 dozen onions

Sprinkle with salt, let stand over-night, drain.

Use following spices:

- | | |
|------------------------|---------------------------|
| 1 box mustard | 1 oz. yellow mustard seed |
| 1 1-2 oz. black pepper | 1 oz. all spice |
| 1 oz. whole cloves | |

Put in a kettle a layer of spices and a layer of tomatoes and onions alternately—cover with vinegar (wet mustard before putting in). Let it boil 20 min.

—Mrs. Dolly Payne-de-Kraft,
Washington, D. C., 1845

Pickled Beets

- | | |
|----------------------|------------|
| 12 small beets | 1 t. salt |
| 1 c. vinegar | 2 T. sugar |
| 1 T. pickling spices | |

Cook beets 6 minutes, skin. Heat salt, vinegar, sugar, and spices. Pour over beets and let stand 3 hours. Chill and serve.

Pear Pickles

- | | |
|------------------------------|----------------------|
| 1 pkg. sickle or small pears | 2 oz. stick cinnamon |
| 2 lb. brown sugar | 2 oz. whole cloves |

Wash pears, leaving stems on. Stick with 2 or 3 cloves. Make a syrup of sugar and vinegar. Place spices in bag—bring to boil. Fill jars with pears, pour hot syrup on them. Pour off next morning, reheat and pour on fruit again. Repeat until juice has been heated seven mornings. Seal.

"A very old recipe."

Cucumber Pickles

Use small or medium sized cucumbers. Clip stem close, wash carefully. Put in cold water and let get hot but not boiling. Remove, dry with cloth and pack in jars. 1 jar at a time. Cover with following mixture:

- | | |
|---------------|--------------------------|
| 1 qt. vinegar | Lump alum, size of thumb |
| 1 qt. water | 1-4 pkg. pickling spice |
| 3 c. sugar | |

The spice in bag, boil all together until spices have seasoned vinegar. Seal while hot, when opened, pickles will be green, firm and crisp.

Laura Elizabeth Carder, Contributed by her daughter,

Mrs. Charles Clendenen

German Pickles

Soak 2 gal. medium sized cucumbers in salt brine for five days. Remove from brine and soak in clear water for 24 hrs. Change water frequently. Cut in cubes 1-2 inch thick. Then wash and place in kettle lined with grape leaves. Cover with alum water. 1 oz. of alum to five pints of water. Simmer in this 2 hrs.. Remove from fire and wash in cold water. Then boil in strong Root ginger tea. 1 oz. ginger root to 2 gal. water.

Make syrup of 4 lbs. sugar 3 1-2 pts. vinegar, 1 pt. water, 1-2 oz. celery seed, 1-8 oz. stick cinnamon, 1-8 oz. whole cloves. Boil and pour over cucumbers and seal in jars.

—Madge Kramer

Dill Pickles

Take small or medium size cucumbers, scrub and pack in air-tight jars with two or three pieces of dill, about a table spoon of mixed pickling spices, three cloves of garlic. Place on bay leaf and one piece of alum the size of a pea on top of each jar (I use one-half gal. jar.)

Bring to a boil 2 c. water, 1 c. of good vinegar, one level T. salt. Pour boiling hot over pickles and seal air-tight. Be good in about 6 weeks.

—Mrs. George Sharp

Ice Pickles

Select fresh, crisp cucumbers 5 to 6 inches long. Cut into quarters lengthwise and cover with water and plenty of cracked ice. Let stand in the iced water for 3 hrs., adding more ice as it melts. Drain thoroughly and pack in quart jars, standing the cut cucumbers unright. Insert 2 or 3 stalks of celery cut the same length. Add 3 small white onions or their equivalent in sliced onions. In the meantime have the following pickling syrup prepared.

1-2 cup of salt

1 qt. of light colored cider vinegar

1 tbs. of mustard seed

1 1-2 cups of sugar

Mix the foregoing ingredients, bring to scalding and pour in the jars. Seal and store for 2 months before using. This is ample liquid for 2 qts. of pickles.

Brandied Peaches

Place a layer sugar 1-2 inch thick in bottom of glass jar, then put in a layer of peaches (not seeded) but peeled. Cover peaches and crevices with sugar, do this until jar is filled having a layer of sugar on top. Fill and seal. Wrap in paper and put it in dark, cool place, keep for a few months before opening. If possible bury below freezing line for 5 or 6 months.

—Dr. E. G. Herold

Mince Meat

3 c. chopped cooked beef

1 T. salt

2 lbs. raisins

2 T. cinnamon

6 c. chopped apples

2 lbs. currants

5 c. sugar

2 c. boiling water

2 c. chopped suet

1 1-2 c. vinegar

2 c. thinly sliced citron

1 c. molasses

1 1-2 T. all spice

Combine ingredients and cook slowly, stirring frequently, one hour. Put in quart or pint jars and seal.

—Mrs. E. L. Fenton

Winter Salad

- | | |
|-----------------------------|---------------------------|
| 1 qt. sliced green tomatoes | 2 qts. small cucumbers |
| 2 qts. shredded cabbage | 2 qts. small onions |
| 2 red peppers (chopped) | 2 green peppers (chopped) |
| 1-2 Tbs. tumeric | 1-4 cup salt |
| 1-2 Tbs. whole all spice | 1 tbs. mustard seed |
| 2 cups sugar | 1 qt. vinegar |

Combine tomatoes and 1-2 the salt. Let stand overnight. Drain-Rinse-Drain.

Combine spices, sugar, salt and vinegar. Boil 10 minutes, add vegetables pack in sterilized jars. Seal.

—Mrs. P. T. Ward

Best Pickles Ever-Made

- 1 peck green tomatoes, sliced thin 1 dozen onions
Sprinkle with salt, let stand over-night, drain.

Use following spices:

- | | |
|------------------------|---------------------------|
| 1 box mustard | 1 oz. yellow mustard seed |
| 1 1-2 oz. black pepper | 1 oz. all spice |
| 1 oz. whole cloves | |

Put in a kettle a layer of spices and a layer of tomatoes and onions alternately—cover with vinegar (wet mustard before putting in). Let it boil 20 min.

—Mrs. Dolly Payne-de-Kraft,
Washington, D. C., 1845

Pickled Beets

- | | |
|----------------------|------------|
| 12 small beets | 1 t. salt |
| 1 c. vinegar | 2 T. sugar |
| 1 T. pickling spices | |

Cook beets 6 minutes, skin. Heat salt, vinegar, sugar, and spices. Pour over beets and let stand 3 hours. Chill and serve.

Pear Pickles

- | | |
|------------------------------|----------------------|
| 1 pkg. sickle or small pears | 2 oz. stick cinnamon |
| 2 lb. brown sugar | 2 oz. whole cloves |

Wash pears, leaving stems on. Stick with 2 or 3 cloves. Make a syrup of sugar and vinegar. Place spices in bag—bring to boil. Fill jars with pears, pour hot syrup on them. Pour off next morning, reheat and pour on fruit again. Repeat until juice has been heated seven mornings. Seal.

"A very old receipe."

Cucumber Pickles

Use small or medium sized cucumbers. Clip stem close, wash carefully. Put in cold water and let get hot but not boiling. Remove, dry with cloth and pack in jars. 1 jar at a time. Cover with following mixture:

- | | |
|---------------|--------------------------|
| 1 qt. vinegar | Lump alum, size of thumb |
| 1 qt. water | 1-4 pkg. pickling spice |
| 3 c. sugar | |

Tie spice in bag, boil all together until spices have seasoned vinegar. Seal while hot, when opened, pickles will be green, firm and crisp.

Laura Elizabeth Carder, Contributed by her daughter,

Mrs. Charles Clendenen

DESSERTS

◆
"Can one desire too much of a good thing?"

Cervantes

◆
Chocolate Puffs

1 cup sugar

1 tablespoon butter

1 cup milk

1 egg

Beat well together and add 1 large teaspoon baking powder and 2 tablespoons cocoa (or scraped chocolate) 1 teaspoon vanilla and flour enough to make it as stiff as a layer cake. Fill cups (greased) half full of batter. Set in a steamer and steam 1-2 hour. Serve warm.

Sauce:

1 cup powdered sugar, 1-2 cup butter, 1 teaspoon vanilla beaten together till like cream.

—Mrs. L. M. McClintic

Maple Mousse

Let 1 1-2 cups of maple syrup come to the boiling point, then pour this over one whole egg, which has been well beaten, then cool. Whip one quart of cream to a stiff dry froth, then stir in the egg and syrup. Freeze either in trays or molds, stirring once in a while. —Mrs. L. M. McClintic

Damson Delight

2 tablespoons of gelatin

3 tablespoonfuls of sugar

3 tablespoons of cold water

1 cupful of whipping cream

3 1-2 cupfuls of Damsons

Soak the gelatin in cold water for 5 minutes. Simmer the plums for 10 minutes, then press thru a sieve and add scalding hot to the gelatin mixture. Add the sugar and stir until the gelatine is dissolved. Chill until slightly thickened, then fold in the cream, beaten stiff. Mold in one large mold or in individual molds. Serve plain, or with whipped cream or custard. —Mary McClintic Hinch

Cooked Sauce For Pudding

Put together 1 tsp. cornstarch, pinch salt, 1 large tbsp. butter 1-2 cup sugar, 1 pint of boiling water. Cook 10 minutes. Cool slightly and pour over 1 beaten egg as for custard, heat. Take off stove and add 1-4 cup or more of any kind of wine. —Mrs. Mark Wilson

Angel Food Cake With Lemon Sauce

Beat 3 egg yolks until light, add grated rind and juice of 1 large lemon, 1 cup sugar, 1-2 c. butter. Cook over hot water stirring constantly until mixture thickens. Take from fire and beat in the stiffly beaten whites of 3 eggs. Reheat to boiling point but do not cook longer. Add 1 c. chopped almonds. Split an angel food cake in two parts and put lemon sauce between the layers and then cover top with sweetened whipped cream. —Mrs. G. W. McClintic

Lemon Ice Cream

2 c. sugar
2 c. skimmed milk

2 c. heavy cream
3-4 c. lemon juice

Dissolve sugar in milk. Add lemon juice and chill. Add whipped cream and freeze.

—Mary Madge Kramer

Lemon Frozen Cream

2 eggs, beaten until lemon colored 1-2 c. sugar

Add sugar gradually to eggs until mixture becomes a thick custard-like consistency. Combine with:

1-2 c. light corn syrup

1 t. grated lemon peel

1-4 c. Sunkist lemon juice

2 c. top milk (or 1 c. milk & 1 c. cream)

Freeze in refrigerator tray at lowest temperature until stiff. Remove to a bowl and whip with an electric or hand beater until light and creamy. Return quickly to freezing tray. Finish freezing and hold at middle control for serving. Serves 6 to 8.

—Mrs. E. L. Fenton

Lemon Sherbet

2 c. sugar

1 c. water

Boil together for 5 min. Fold syrup into: 2 stiffly beaten eggs.

Add, beating in well:

1 c. lemon juice

1 c. water

Pour into freezing tray, and set cold control at fast freezing, freeze stiff and return to refrigerator and continue freezing.

Creole Pudding

Yolks 5 eggs

3 tablespoons butter

1 cup rolled cake crumbs

1 cup whiskey or wine

1 cup chopped pecans

1 cup sugar

1 cup chopped raisins

Cream butter and sugar; add yolks well beaten and other ingredients in order given. Bake until set and serve with whipped cream.

—Nancy McNeel Currence

COMPLIMENTS

K. J. HAMRICK, M. D.

MARLINTON, WEST VIRGINIA

COMPLIMENTS

Lang's Dress Shop

MARLINTON, WEST VIRGINIA

Southern Pudding

- | | |
|----------------------------------|---------------|
| 1 c. raw shredded carrots | 1 c. flour |
| 1 c. raw shredded sweet potatoes | 1 t. cinnamon |
| 1-2 c. shortening | 1 t. nutmeg |
| 3-4 t. salt | 1 t. soda |
| 1 c. sugar | 1 c. raisins |

Combine carrots, sweet potatoes, and shortening and sugar. Add to mixture, flour sifted with spices, salt and soda. Add raisins. Fill baking dish 2-3 full. Cover and bake 1 1-4 hours at 350 degrees.

—Mrs. G. R. Fryer

Blitz Forte

- | | |
|---------------|----------------------|
| 1-2 c. butter | 4 egg yolks |
| 1-2 c. sugar | 1 tsp. baking powder |
| 1 c. flour | 1 tsp. vanilla |
| 5 Tbs. milk | |

Mix as for cake and put in two layer tins. Beat whites to stiff froth, and add 1-2 c. sugar. Beat until stiff and put on top of layers. Scatter 1-3 c. chopped nuts on top of meringue. Bake until cake is done in moderate oven. Turn one layer out on plate with the meringue side down, cover with the following filling:

- | | |
|------------------------|---------------------|
| 3 Tbs. sugar | 1 egg |
| 1 1-2 Tbs. corn starch | 1-2 pt. sweet cream |

Boil as for custard in a double boiler. Let cool before placing on cake. Put the second layer on custard with meringue side up. Serve with whipped cream.

Strawberry Ice Cream

- | | |
|--------------------|-------------------------|
| 1 pt. strawberries | 1 1-2 c. whipping cream |
| 3-4 c. sugar | |

GOOD NEWS

You can borrow the money you need at this Bank and pay only fair bank rates. Qualified borrowers can obtain funds for any sound purpose. Our service is prompt, courteous and confidential. Come in for details.

BANK OF MARLINTON

Member Federal Deposit Insurance Corporation

Mash berries and dissolve sugar in berries. Let stand for 5 or ten minutes or until sugar is dissolved. Whip cream and add to berries. Put in tray of refrigerator and freeze. Let alone until 2 hrs. before serving then beat in 4 T plain cream and put back in refrigerator until ready to serve. For 6 o'clock dinner make by 10 o'clock a. m.

Meringue Pie

4 egg whites	1-2 c. granulated sugar
1-2 tsp. vanilla	1-2 c. confectioner sugar
1-2 cup whipping cream	1 sq. grated chocolate

Beat the egg whites very stiff, gradually adding the granulated sugar and then the confectionery sugar. Add vanilla last. Line a pie pan with ungreased brown paper and spread the meringue over the paper. Bake in a very slow oven for 1 hr. Turn off heat and leave oven-door open to cool. Turn upside down on plate and remove paper. Spread the whipped cream without sugar and grated chocolate over the top. Let stand in the ice-box for 6 hours.

—Mrs. Charles Kramer

West Virginia Master Parfait

1 qt. cream, whipped stiff	1 box dates
2 boxes marshmallows	1-2 lb. macaroons

1-2 c. W. Va. black walnuts or other nuts

Cut dates, nuts, marshmallows. Break up macaroons; mix together. Add to cream. Flavor with Sherry Wine. Serve in glass with a cherry on top each. Serves 12.

WILLIAMS AND PIFER LUMBER CO.

DEALER IN

Lumber and General Merchandise,

Flour and Tuxedo Feeds.

Distributor of CONOCO GASOLINE and GERM PROCESSED

MOTOR OILS

MARLINTON, WEST VIRGINIA

Maple Pineapple Ice Cream

- 1-2 c. maple syrup
1-3 c. pasteurized dates, chopped
3-4 c. canned shredded pineapple drained.
1 1-2 c. whipping cream
Pinch salt

Stir once

—Mrs. Paul Overholt

Ice-Box Pudding

- 1 c. sugar
1-2 c. butter
2 egg yolks
2 T. cream
1-2 c. nut meats
1 c. crushed pineapple drained

Mix ingredients together creaming butter and sugar; as for cake. Line pan with waxed paper. Put layer of vanilla wafers and layer of mixture with layer of wafers on top. Put in refrigerator overnight. Serve with whipped cream.

—Mrs. Gus Warfield

Chocolate Sponge Roll

- 1-2 tsp. baking powder
1-4 tsp. salt
4 egg yolks beaten until thick and lemon colored
2 sq. Baker's unsweetened Chocolate melted
1 tsp. vanilla
6 tbs. sifted Swans Down Cake Flour
3-4 c. sifted sugar
4 egg whites, beaten stiffly

Sift flour once, measure, add baking powder and salt, sift together three times. Fold sugar gradually into egg whites. Fold in egg yolks and vanilla. Fold in flour gradually. Then beat in chocolate, gently but thoroughly. Turn into 15x10 inch pan which has been greased, lined with paper within 1-2 inch of edge, and again greased. Bake in hot oven (400) 13 minutes, or until done. Quickly cut off crisp edges of cake and turn out on cloth with powdered sugar on it and roll up. Let cool, then unfold gently and spread, with 1-2 pint cream whipped. Roll back like a jelly roll. Makes 10 servings. Garnish with whipped cream. Can be made the day before using.

—Mrs. Marshall Casdorff,
Ronceverte, W. Va.

Whole Wheat Pudding

- 1 c. whole wheat or graham flour
1-2 c. white flour
1-2 tsp. each; cinnamon, nutmeg, cloves
1 egg
1-2 c. each; molasses and milk
1-2 tsp. salt
1 tsp. soda
1 c. floured raisins

Sift dry ingredients add egg and liquids, melted butter and raisins. Steam 2 hrs. Serve with hard sauce.

Cheap but rich.

—Charlotte Clendenen

Caramel Ice Cream

Carmelize 1 c. sugar, do not burn, heat 3 c. milk and add to syrup. Cook together until dissolved. Beat 3 eggs, 1-2 c. sugar, 1 T. flour combine and cook as custard. Add 1 c. whipped cream and freeze in refrigerator.

—Alice McClintic Moore

Graham Cracker Ice Cream

- 1 c. crushed graham crackers
1-2 c. sugar
1 t. vanilla or mapeline
1 pt. coffee cream

Chill in refrigerator pan; Chill bowl. Beat ingredients with Dover beater until smooth. Freeze.

—Mrs. Raymond Condee

Maple Cream Pudding

2 c. maple syrup
1 envelope gelatin
1 c. cold water

8 egg yolks
Juice 1-2 lemon
1 pt. whipping cream

Cook maple syrup and egg yolks in a double boiler until thick; add gelatin to cold water and let stand 5 min. Add lemon juice to the cooked mixture. Combine with hot syrup mixture and when this is cold fold in whipped cream.

Sauce:

Whipped cream sweetened and 2 tbsp. brandy added.

Crumble Torte

1 c. chopped nuts (pecans)
1 c. chopped dates
1 c. sugar

1 Ta. flour
1 ts. baking powder
2 eggs well beaten

Bake in cake pans in a moderate oven 1-2 hr. Crumble and serve with whipped cream.

—Mrs. Marion Burr

Maple Charlotte

Heat one pint rich milk in a double boiler and pour it slowly over the well beaten yolks of two eggs; return to the double boiler, cook five min. Add one tablespoon gelatin which has been soaked a few minutes in 2 tbs. cold milk and 1-8 ts. salt. Remove from fire and add one cup maple syrup. Let cool and when beginning to set add 1-2 c. chopped almonds or shredded cocoanut and 1-2 ts. almond extract, and fold in the stiffly beaten whites. Turn into wet individual mold to stiffen. Serve with or without cream.

—Mrs. Paul Overholt

Plum Pudding

1 lb. currants
1 lb. raisins
1 lb. glazed pineapple
1 lb. cherries

3-4 lb. citron
1-2 lb. orange and lemon peel
1-4 cup sugar

8 eggs
1 lb. grated bread crumbs, made from 2 day old bread
3-4 lb. ground suet
1 ts. salt
1 ts. cloves
1 qt. milk
1 whole nutmeg-ground

Grease and flour tightly covered cans. Pour in mixture, cover, place in steamer, for 4 or 5 hours. Remove, cool and keep in cool place. Reheat by steaming 1 hr. Serve with hard sauce. 6 — 1 lb puddings.

—Wheeling Electric

CHAS. A. SHARP

COAL AND LUMBER

MARLINTON, WEST VIRGINIA

California Fruit Pudding

1-2 lb. dried apricots
1 lb. prunes
1 lb. dates
1 lb. seedless raisins
1-2 lb. fancy eating figs

1 1-2 lb. marshmallows
2 ts. phosphate baking powder
1 lb. fresh graham crackers
1-2 c. chopped Eng. walnuts

Wash apricots and prunes, cover with water and cook until tender and practically no water remains. Drain, and cut pulp of prunes from pits. Remove pits from dates and any possible stems from raisins. Mix all fruits together and put through food chopper, using fine knife. Cut marshmallows in small pieces with scissors dipped in cold water. Mix fruits thoroughly add marshmallows and baking powder and knead thoroughly. The phosphate baking powder will leaven the cold mixture. Let stand two to five hours.

Prepare square or oblong shallow pans or dishes, butter thickly with soft butter and dust thickly with graham cracker crumbs.

Knead remaining graham cracker crumbs into the fruit mixture lightly and press the mixture into the prepared pans about three-fourths an inch in depth. Press chopped nut meats into the surface.

Let ripen 24 hrs. Cut in squares and serve with a garnish of whipped cream. This ice-box dessert will keep for several weeks.

—Mrs. C. P. Dorsey

Date Loaf

1 1-2 lb. dates
1 1-2 lb. marshmallows
1 1-2 c. milk

3 boxes graham crackers
3 c. pecans

Roll crackers. Warm milk and let marshmallows soak in it ten minutes. Work all together. (Save enough crumbs to roll loaf in). Let stand several hours. Cut in squares and serve with whipped cream and a maraschino cherry.

—Chef of Greenbrier Hotel, Ronceverte, W. Va.

COMPLIMENTS

U. H. HANNAH, M. D.

CASS, WEST VIRGINIA

McELWEES

Dry Goods — Ladies Ready-To-Wear — Men's Wear

OUTFITTERS FOR THE ENTIRE FAMILY

MARLINTON, WEST VIRGINIA

Date Pudding

1 lb. seeded dates
1 1-2 c. water
cook to a thick paste
1 3-4 c. flour
1-2 t. salt

1-2 t. soda
1 c. rolled oats
1-2 c. sugar
3-4 c. butter
1 c. brown sugar

Sift flour, soda and salt, add sugar and oats. Cut in butter. Spread 1-2 of this mixture on bottom of greased pan. Spread date paste on top, then put rest of dry mixture on top and bake 40 minutes in oven at 350 degrees. Serve warm with whipped cream.

—Mrs. Carlyle Wade

Frozen Pudding

1-2 c. seedless raisins
1-2 c. crystalized cherries
1-4 c. citron
1-4 c. chopped nuts
1-2 c. shredded pineapple
1 c. sugar

1-2 c. pineapple syrup
4 egg whites
Pinch of salt
2 T. Lemon juice
2 c. cream

Cover raisins with cold water, bring to boil and simmer five minutes; drain. Mix with cherries, citron—cut fine, nuts and pineapple, cook sugar and pineapple syrup together till thick: pour over stiffly beaten egg whites to which salt has been added. Add fruits, nuts and lemon juice. Beat cream stiff and mix with egg and fruit mixture. Color, pour in ring mold and freeze.

—Mrs. Paul Overholt

COMPLIMENTS

HARRY C. SOLTER, M. D

MARLINTON, WEST VIRGINIA

COMPLIMENTS

JOHN B. DAVIS, D. D. S.

MARLINTON, WEST VIRGINIA

COMPLIMENTS

MARLINTON CLEANERS

MARLINTON, WEST VIRGINIA

Crumb Top Apple Pie

Slice tart apples in a deep pie dish; sprinkle over all 2-3 c. sugar dot well with butter. Sprinkle any desired seasoning, add 2 to 4 T. water.

Crumbs. 1-2 c. butter
1 c. flour 1-2 c. brown sugar

Mix into crumbs and spread over all. Bake in slow oven till brown.

—Cathleen M. Vaughan

Chocolate Ice Box Cake

4 sq. unsweetened chocolate 1 t. vanilla
1-2 c. sugar 4 egg whites, stiffly beaten
Dash of salt 1 c. cream, whipped
1-4 c. hot water 2 doz. lady fingers or sponge cake
4 egg yolks

Melt chocolate in top of double boiler. Add sugar salt and water, stirring until sugar is dissolved and mixture blended. Remove from fire; add egg yolks one at a time, beating thoroughly after each addition. Place over boiling water again and cook 2 minutes or until thickened, stirring constantly. Remove from boiling water, add vanilla and fold in egg whites. Chill. Fold in whipped cream. Line bottom and sides of mold with lady fingers or sponge cake. Turn chocolate mixture into mold and place lady fingers on top. Chill 12 to 24 hours in refrigerator. Unmold. Serves 8.

—Mrs. Charles Maule

Date Pudding

1 lb. dates 1 t. baking powder
2 T. melted ~~sugar~~ *butter* 1 c. walnuts (broken or chopped)
1 c. sugar 1 1-2 c. flour
1 egg beaten 1 c. boiling water
1 t. soda

Put soda over dates and pour boiling water over them. When cool work with the hands thoroughly. Cream butter and sugar, add other ingredients. Mix well and bake in slow oven. Serve with Brown sugar Sauce.

Brown Sugar Sauce:

1 c. brown sugar 3 T. flour

Mix flour and sugar together, add 1 c. boiling water stirring well. Add 2 T. butter. Cook 5 min. and add 1 t. vanilla. This pudding may be served with whipped cream.

—Mrs. E. H. Williams

Apple Macaroons

Slice 4 or 5 apples in a square cake pan and sprinkle with brown sugar, butter and cinnamon.

1 c. flour 1 tsp. baking soda
1 c. sugar Pinch of salt
1 beaten egg

Mix well in separate bowl then sprinkle over apples. Dot with butter and bake in moderate oven 40 to 60 minutes.

Serve with whipped cream

—Mrs. Ashcroft

Pear Bavarian

1 pk. lemon or lime flavor jello 1 c. pears crushed
1 c. pear juice and water 1-2 c. sugar
1 c. cream whipped 1-2 tsp. vanilla
1-2 tsp. salt 1-2 ts. ginger
1 c. boiling water

Dissolve jello in boiling water. Add pear juice and chill. When slightly thickened, beat until consistency of whipped cream. Fold in pear pulp and whipped cream. Add sugar, salt and vanilla. Fold into jello. Turn into tray and freeze until firm. Garnish with chopped pistachios. Serves 8.

This may be just molded and not frozen.

Lemon Chiffon Pudding

Sift together:

1-3 c. sifted flour

1-8 tsp. salt

1 c. sugar

Cream in 3 tbsp. soft butter, add 3 egg yolks, beaten, 3 tbsp. lemon juice or more; 1-2 tsp. lemon rind grated, 1 c. milk. Fold in 3 egg whites, beaten stiff. Put in a buttered baking dish. Set in pan of hot water and bake 40 min. in a 350 degree oven.

Bread Pudding — De Luxe

1 qt. milk, scalded

1-2 tsp. salt

2 c. bread crumbs or cubes

1 tsp. vanilla

2 eggs

1-4 c. melted butter

1-3 c. sugar

Add bread crumbs to scalded milk and let soak 15 min. Add sugar and salt to slightly beaten eggs and mix thoroughly. Add milk, bread crumbs, melted butter, and flavoring. Pour into a greased baking dish, set in a pan of warm water, and bake in a slow oven of 350 for 75 min. Serves 6.

Serve with the following sauce:

1 scant cup sugar

1 egg

3 tb. flour

1 1-2 c. milk

Pinch salt

1 ts. butter

Season with nutmeg or vanilla

Beat egg—add sugar into which the flour has been stirred. Pour milk into this very slowly and let cook until thickened. —Mrs. P. R. Overholt

Peach Luscious

1-4 c. sugar

3 ts. baking powder

2 eggs, separated

1-2 tsp. salt

1 c. flour

8 to 10 large peaches

3 tbs. shortening

1 tb. lemon juice

Grated rind 1 lemon

1-4 c. powdered sugar

1-2 c. milk

Blend sugar, yolks and shortening in a few fast stirs, add sifted dry ingredients and lemon rind alternately with milk. Rub sides of wide shallow baking dish with shortening. Fill bottom with peeled and quartered peaches. Sprinkle with sugar and lemon juice. Pour batter over peaches. Bake in moderate oven. Cover with meringue of the egg whites and powdered sugar. Brown meringue in a slow oven about 15 minutes. Serve plain or with cream. —"Culinary Capers"

Charlotte Russe

1 pt. cream whipped stiff, add 1 1-2 c. powdered sugar, combine with 2 eggs whites beaten stiff. 2 t. nectarine or desired flavor. Line glass dish with lady fingers or thin slices of delicate cake pour on cream. Old recipe.

Marvin's Favorite

1-2 c. uncooked rice (cook until very tender—blanch, reheat and dissolve gelatin in it.

1 tb. Knox's gelatin

1 c. marshmallows (cut fine)

1 c. cold water

1-2 c. chopped cocoanut, steamed.

1 c. sugar

1-2 c. chopped nuts (optional)

1 can grated pineapple (10 cent size) 1 pint cream whipped

Mix the above and when cool add:

Date Pudding

1 lb. dates

1-2 c. whole wheat flour

1 lb. seedless raisins

Pinch salt

1-2 c. sugar

Cover cut dates and raisins with water and let cook 40 minutes.
Mix flour with sugar and stir all together. Cook a few minutes. Add pecans when ready to serve. Keeps well. Garnish with whipped cream.

Plum Pudding

Mix together 1 c. soft bread crumbs, 1 c. each; finely chopped suet and apples, 3-4 c. brown sugar, 1 c. raisins, 1-2 c. each chopped dates, figs, walnuts, sliced citron. Mix and sift 1-2 c. flour, 1-2 tsp. each; nutmeg, cinnamon, salt, and 2 tsp. baking powder. Combine the fruit and flour mixtures add to this 2 eggs, well-beaten, and 1 c. milk. Pour into well-greased mold and steam 3 hrs. Serve with hard sauce.

—Good Housekeeping

Plum Pudding

1 1-2 c. bread crumbs
1 1-2 c. finely chopped suet
1 1-2 c. brown sugar
2 c. seeded raisins
1 c. damson plums
1-2 c. shredded citron
1-2 c. shredded orange peel
1-2 c. shredded lemon peel

3-4 c. finely chopped figs
1-2 c. milk
4 eggs
2 c. flour
1 tsp. Royal Baking Powder
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
1-2 tsp. salt

Mix all these ingredients well together in large bowl, put in well buttered molds, set in sauce pan with boiling water to reach one half up its sides; steam this 3 1-2 hrs. Turn out carefully on dish and serve with hard sauce.

Hard Sauce

Cream 1 c. butter and add gradually 2 cups of pulverized sugar, use enough cream to thin it down and flavor with brandy and a little nutmeg; put on ice until needed.

—Mrs. P. T. Ward

Lemon Sherbet

2 cups sugar
1 cup water
Boil together for 5 minutes. Fold syrup into:

2 stiffly beaten egg whites.

Add, beating in well:

1 cup lemon juice
1 cup water

Pour into freezing tray and set cold control at fast freezing. Freeze stiff and beat or stir thoroughly. Return to freezing compartment and finish freezing.

—Mrs. Barbara Bragg

Cream Puffs

Temperature 425 degrees, baking time 35 to 40 minutes.

1-2 c. butter
1 c. water

4 eggs

1 c. pastry flour (sifted before measuring)

Put butter and water into sauce pan, when mixture boils add flour and cook until thick; stirring constantly. Remove from range and add unbeaten eggs, one at a time, mixing each egg in thoroughly before adding another. Drop from teaspoon on to greased cookie sheet and form into mounds about two inches wide and 1 1-2 inch high and 1 1-2 inch apart.

When cool open inside and fill with following filling:

1 1-2 c. scalded milk

1-8 ts. salt

2-3 c. sugar

1-4 c. cold milk

5 T. flour

3 egg yolks

1-2 t. flavoring

Mix sugar, salt and flour together with cold milk, add beaten egg yolks. Pour into this slowly the scalded milk. Cook in double boiler till thick. Remove from range, add flavoring. Add chocolate for chocolate filling.

—Mrs. Willia Carter

Mock Cheese Cake

2-3 box zwieback
1-4 lb. butter, melted
1 can condensed milk—Eagle Brand
4 eggs
Juice of 2 lemons

Melt butter, mix with zwieback. Line greased baking dish with this. Mix yolks of eggs and lemon juice. Slowly add milk. Fold in stiffly beaten egg whites. Pour into dish—sprinkle top with zwieback. Bake in 350 degree oven 15 to 18 minutes.

—Mrs. Laura May

Cranberry Ice

1 qt. cranberries
2 cups sugar
Juice of 1 orange
2 c. water
1 orange rind

Cook cranberries and water to boiling and allow to cook for few minutes or until the berries become soft. Run through sieve. Then add sugar to puree. Add grated.. Heat again until sugar is dissolved. Add orange juice. Remove from fire. Then allow to cool. Pour into Frigidaire freezing tray and allow to freeze solid. Remove to mixing bowl and beat with an electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing without stirring.

Set cold control at 7th position for freezing and 4th for holding until serving time.

COMPLIMENTS

GEORGE F. HULL, M. D.

DURBIN, WEST VIRGINIA

Z. S. SMITH

FUNERAL DIRECTOR

MARLINTON, WEST VIRGINIA

EGGS



"Now, good digestion wait on appetite,
And health on both."

Macbeth, Act. III



Luncheon Menue

By Mrs. Essie D. McLain, West Union, W. Va. Won 1st place in State-Wide
Egg Consumption Contest
Serves 6 persons

LUNCHEON

Tomato Juice Cocktail
Hot-stuffed eggs

Baked Potatoes

Buttered Peas

Baked Apple Sauce

Health Salad

Pickled Beets

Hot Rolls

Butter

Cocoanut Cream Pie
Iced Tea

Hot Stuffed Eggs

3-4 c. minced ham	12 hard cooked eggs
1 T. parsley either chopped or used as a garnish.	
1 t. prepared mustard	1-2 t. salt
1 t. salt	2 c. milk
1 1-2 t. butter	1-4 c. flour
	2 T. butter

Pour boiling hot water over eggs let cook 30 minutes. Remove shells, and yolks of eggs, mix with the ham, mustard, salt and butter. Refill whites of eggs with this mixture and keep warm. Make a white sauce over the last four ingredients. Garnish with parsley. Pour white sauce over eggs. Serve hot.

Chafing-Dish Eggs or Egg Crackle

2 oz. chipped beef	Few drops onion juice
1 c. tomatoes	Few grains cayenne and cinnamon
1-4 c. grated cheese	2 T. butter
3 eggs	

Chop beef finely add tomatoes, cheese, onion juice, cinnamon and cayenne. Melt butter, add mixture and when heated add eggs well beaten. Cook until eggs are of creamy consistency; stirring and scraping from bottom of pan. Serve very hot on buttered toast. —Marion Olson

Beauregard Eggs

3 hard boiled eggs	1-2 c. cream sauce
2 slices of toast	Parsley
Remove shells from eggs and chop the whites then add to hot sauce.	
Spread on the toast	

Fried Noodles With Eggs

After boiling noodles in salted water until tender, drain. Fry in 1-4 c. butter until browned. Pour over this 1-2 to 1 cup cheese broken in bits and 2 or 3 beaten eggs. Stir and remove from fire when cheese is melted and eggs begin to set. Salt and pepper.

—Mrs. O. G. Olson

Eggs and Mushrooms

Hard-boil six eggs. Remove yolks and mash. Add chopped mushrooms. Sauté in butter and season with salt and pepper. Fill egg whites. Make a rich cream sauce. Add grated cheese. Pour over the eggs in a baking dish, brown in oven. Serve with toast.

—"Culinary Capers"

Individual Omelette

Beat white and yolk of egg, separately. Fold white into yolk. Add tsp. chopped parsley or minced ham. Cook in a small frying pan over medium heat. Serve one.

THE SHRADER STORE

R. GLENN SHRADER, PROP.

Marlinton,

West Virginia

DEALER IN

Kelly Famous Flour, Ubiko Feeds, Fine & Course Salt, Agrico

Fertilizer, Grass Seeds, Bulk Garden Seeds, Hay, Plaster,

Lime, Brick, Roofing, Groceries, and Dry Goods.

"COURTESY ALWAYS"

"WE DELIVER"

WE BUY AND SELL COUNTRY PRODUCE

You will welcome the pure refreshment of ice-cold Coca-Cola when you come home hot, tired or thirsty.

Ice-cold Coca-Cola is every place else; it belongs in your family refrigerator.

GET A 6 BOTTLE CARTON FROM YOUR DEALER

COCA-COLA BOTTLING CO.

MARLINTON, WEST VIRGINIA

MEAT AND FISH

◆
"If you prepare a dish carelessly do not expect Providence to make it good."

—Ruskin

◆ Mexican Steak

One and one-half lbs. round steak, 1 1-2 inches thick; 1-2 dozen sweet peppers. 3 medium size onions, 1 pt. tomatoes, chop steak on one side with 1 c. flour, 1 t. pepper, 1 t. salt, fry suet. Then add 2 heaping T. lard. Let this fry brown very slowly for one-half hr. on the floured side. Turn over add tomatoes, pepper and onions and set in oven and let roast for 1 and 1-2 hrs.

Ham In Gingerale

Slice of ham two to four inches thick. Western Ham is best. Parboil 30 min. add sugar and water if very salty.

Put in baking pan, cover with 1 bottle gingerale. Cook in hot oven until tender.

Noodle Ring

1 pkg. or noodles cooked, until tender in salted water, rinse with cold water and drain. Take 4 slightly beaten eggs and 3-4 of cup of thin cream, salt and pepper, 4 tbs. of melted butter, mix well all together and turn into a buttered ring mold. Bake in a pan of water 40 minutes in a 350 degree oven. Then make a Chicken a la King put in the center to serve at table or your favorite recipe for creamed chicken or any other creamed fish or meat.

—Mrs. H. R. Wyllie

Scrapple

4 pounds of shank of fresh pork shoulder. 2 pounds of pig liver.

Cook meat, grind and add to water meat was cooked in, add water to make the amount of one gallon. Thicken to the consistency of mush with equal parts of corn meal and flour. Season with salt, pepper and sage, if desired. Turn into pans to cool. When firm, slice and fry.

—Mary Hench Davis

Baked Slice Of Ham With Hominy

Rub both sides of a slice of ham about one inch thick with brown sugar and mustard, about three times as much sugar as mustard. Put in a covered baking dish and cook in vinegar diluted with water until tender. Serve with hominy cooked in the ham gravy.

—Mary McClintic Hench

Spiced Tongue

1 fresh beef tongue, cooked in salted water until done. Skin tongue and put in hot, spiced vinegar.

Spiced vinegar: 1 c. vinegar, 1 tsp. celery seed, 1-2 c. B. sugar, 1-2 doz. cloves, pinch cayenne pepper.

Keeps indefinitely.

—Mrs. S. H. Sharp

Chicken A La King

Prepare in a sauce pan:

- 2 c. of diced chicken meat
- 3-4 c. canned mushrooms
- 1-3 c. chopped red pepper (sweet)

Then make a cream sauce of:

- 3 tbs. of butter
- 4 tbs. flour
- 2 c. milk

- 1 diced hard-boiled egg
- 3-4 c. chopped green peppers

- 1 c. chicken broth
- 1 ts. salt
- $\frac{1}{4}$ ts. celery salt
- 1-4 ts. paprika.

When thickened and thoroly cooked, add the chicken and other ingredients. Heat thoroly. Serve with canned fried noodles or in baked noodle ring.

Shrimp Wiggle

1 can shrimps, 1-2 can sifted peas drained, 1 pt milk. Cream 1 T. melted butter and 1 T. flour, stir into milk. Season with salt and pepper, add shrimp and peas and serve on toast, crackers or in pastry cups.

—Mrs. O. G. Olsen

Scalloped Tuna

1 can Tuna fish broken into bits with a fork. 1 beaten egg, 1 cup milk, 1 cup fine bread crumbs, 1 T butter, salt and pepper. Mix all together and bake until light brown.

—Mrs. O. G. Olsen

Barbecued Spareribs

- 3 lbs. spareribs
- 1 medium onion
- 2 T. butter
- 2 T. vinegar
- 2 T. brown sugar
- 4 T. lemon juice
- Salt and pepper

- 1 small bottle ketchup
- 1 T. Worcestershire Sauce
- 1 t. mustard
- 1 t. mustard
- 1-2 c. chopped celery
- 1-2 c. water

Have spareribs cut into pieces for serving. Place in a baking dish and put, uncovered, in a moderate oven until browned, about 30 minutes. Brown onion in butter. Add vinegar, brown sauce, lemon juice, ketchup, Worcestershire sauce, mustard, celery and water, and cook slowly for twenty minutes until flavors are blended. Pour over browned spareribs and cook in a moderate oven (350) until done, about 30 minutes longer.

—Mrs. E. P. McLaughlin

Leg of Lamb

Wipe meat with damp cloth, season with salt and pepper. Cut narrow gashes in meat and insert small pieces of garlic or onion. Place meat on rack in open roasting pan; roast in moderate oven 400 degrees for 30 minutes. Reduce heat to 300 F. Allowing 35 min. to the lb. of meat.

Lamb Gravy

- 1-2 c. lamb fat drippings
- 1-2 c. flour

- 2 qts. water (cold)
- Salt and pepper

Blend flour in hot fat, brown well. Add water slowly. Cook until thick and season with salt and pepper.

Croquettes

- 2 c. of finely ground chicken, turkey, ham, beef, veal or pork
- 1 tsp. finely chopped onion
- 2 heaping tbs. flour
- Butter the size of an egg
- 1 c. milk

Melt the butter, add the flour and stir in the milk gradually. Add salt and pepper to taste. Cook until thick and add the meat and onion. Set by till cold. Then shape into croquettes and dip in egg and then in cracker crumbs. Let thoroughly dry, and dip in egg and crumbs again. Then dry again and fry in deep fat until a delicate brown. Drain on brown paper.

—Helen B. Nottingham

Oyster Pie

1 can W. K. corn, 1 pt. oysters, 1 can condensed milk, 1 egg, salt, pepper, cheese, Graham cracker crumbs.
Mix together corn, oysters, milk, beaten egg and cheese, coarse grated or chopped. Season to taste with salt and pepper.
Pour into baking dish, top with Graham crackers crumbs and bake in a moderate oven 25 to 30 minutes.
—Mrs. Philip S. Alderman

Chicken Pie

Cut up a full grown young chicken that weighs from 4 to 5 pounds. (before dressing it). Place the chicken in a boiler: when it comes to boiling point skim the scum off. Season to suit the taste with salt, pepper and butter. When it is well cooked have enough liquid to cover it. Line a deep casserole or baking dish with a crust made very light, like rich Royal baking powder biscuit dough, then put your chicken in the pan, over this pour the liquid to which has been added 1 beaten egg and a cup of cream. Add the cream to the egg before pouring in the liquid to prevent curdling—cover top of your pie with a layer of the dough—leave a hole in the center about like a teacup or you can make several cuts in the dough of this top crust as you prefer.

Pork Pie

Line deep casserole with flaky pie crust, enough to come up over top of pie. Fill with layers of (3) hard boiled eggs, diced onions, diced cooked hot potatoes, diced cooked pork (or other meat) pepper and salt, repeat. Heat gravy and pour over, (if no gravy, use butter) and hot water until liquid may be seen by tipping the dish.

—Mrs. L. Bryce, Ronceverte, W. Va.

Veal Pie (Serves Eight)

2 lbs. veal, cheap cut	1 c. whole milk
1 c. peas	3 c. veal broth
1 c. carrots	$\frac{1}{2}$ c. flour
3 tbs. butter	$\frac{1}{2}$ c. mushrooms
$\frac{1}{2}$ c. cooked celery or $\frac{1}{2}$ ts. of celery seed	

If the celery and mushrooms are added, use 1-2 cup of peas and carrots instead of 1 cup. 1 ts. of grated onion if desired.

Cook veal until tender—drain—let cool. Then dice. Butter baking dish. Spread evenly with veal. Add vegetables.

For gravy heat the 3 cups veal broth to the boiling stage—add seasoning and rest of butter. Make thickening of 1 cup whole milk and 1-2 cup flour. Add to broth and let thicken. Pour over veal and vegetables.

—Blanche Patterson

Pastry

2 cups flour	$\frac{3}{4}$ c. shortening
1 scant tsp. salt	1 egg
2 level tsp. baking powder	Ice cold water

Sift together the salt and flour. Cut in shortening. Add baking powder. Add water to beaten egg until it is about two-thirds cup then add to flour, being careful not to get dough too stiff. Roll out on floured board. Cut with doughnut cutters. Place on pie. Brush with milk. Bake in a hot oven.

Roast Duck

Singe and wash duck put in roaster, sprinkle with 1 tbs. each of salt and caraway seeds. Add 3 cups water and roast in covered roaster until soft. Turn over and baste several times, adding more water if necessary. When soft take cover off roaster and let brown lightly. Serve with hot duck sauce or sourkraut.

—“Culinary Capers”

Wild Fowl and Game Relish

1 lb. cranberries
1 large tart apple
Put through fine grinder. Sweeten to taste. (about 2 c.)

Ham Loaf

2 lbs. fresh ham
2 lbs. cured ham
4 eggs
 $\frac{1}{2}$ c. brown sugar
1 orange
1 c. pecans
1 pt. milk
1 c. crumbs
2 t. dry mustard

Mix well altogether. Bake in open loaf pan in 300 degrees oven about 2 hrs.

—Esther S. Davis

Chicken Turnovers with Mushroom Sauce

Cut pastry into 6-inch squares. Put $\frac{1}{2}$ cup well seasoned, minced canned chicken in center of each pastry square. Moisten edges of pastry slightly with water; fold pastry over chicken to form triangles. Seal edges by pressing with floured fork; prick tops with fork. Place on baking sheet bake in very hot oven. 450 degrees, for 10 minutes. Reduce heat to moderate 350 degrees and continue baking for 20 min. Serve at once with:

Mushroom sauce.

$\frac{1}{2}$ lb. mushrooms
3 tbs. butter
1 1-2 cups thickened broth or left over chicken gravy (thin)
Salt and pepper
3 tbs. flour
1 1-2 cups milk

Wipe mushrooms with damp cloth, slice lengthwise. Cook mushrooms in butter for 3 or 4 minutes. Sprinkle with flour, stirring until well blended. Add the liquid gradually; season and cook until thickened, stirring constantly to keep sauce smooth. 6 servings.

Fried Fish

Remove skin and bone from fish (if desired) and cut into pieces for serving—Mix corn meal and seasonings thoroughly—dip pieces of fish in beaten egg, then in seasoned corn meal, and saute in hot Spry in frying pan until golden brown on each side. Serve hot with wedges of lemon—Serves 6—Sifted bread crumbs can be substituted for the seasoned corn meal, or fish can be dipped in milk and then in seasoned flour.

2 lb. fresh fish (halibut, haddock, cod, mackerel)
 $\frac{1}{2}$ cup corn meal
1 $\frac{1}{2}$ tsp. salt
1 egg, slightly beaten with 1 tbs. water
1-4 cup Spry
1-2 tsp. pepper
1-4 tsp. paprika

—Mrs. John Bear

Mushrooms Stuffing

$\frac{3}{4}$ ts. salt
 $\frac{1}{2}$ ts. chives (chopped)
 $\frac{1}{2}$ tbs. parsley (chopped)
2 tbs. melted butter
Few drops cayenne pepper
Few grains nutmeg

Mix all together lightly.

$\frac{3}{4}$ c. mushrooms, browned in butter
1 c. stale bread crumbs
Few drops onion juice
 $\frac{1}{8}$ ts. celery salt
 $\frac{1}{8}$ ts. pepper

—"Culinary Capers

Mock Chop Suey

1 c. macaroni
1 large onion or more
1 c. celery

3 1-2 c. tomatoes
1 lb. hamburger ground steak
3 tbs. butter

Boil macaroni in salted water until tender. Let tomatoes and celery simmer until tender. Melt butter in frying pan—cook onions and then the meat. Add drained macaroni. Stir well. Add tomatoes and celery. Season to taste adding more butter if necessary. Soy sauce may be used.

—Mrs. P. R. Overholt

Pressed Chicken

1 fowl
2 T. granulated gelatin

1-3 c. cold water
3 hard cooked eggs

Cook chicken with celery leaves, parsley, 1 onion and green pepper until chicken cooks off the bones, and cook remaining liquid until there is 3 cupfuls.

Cut chicken in small pieces. Dissolve gelatin soaked in cold water by adding the strained broth. If fowl is very fat, skin off some fat. Wet a loaf pan and place part of chicken mixture in it then place the eggs through the center. Cover with remaining chicken. Place in refrigerator to set. Add salt and pepper to taste. Be sure to cook liquid down before adding to gelatin and chicken.

—Mrs. E. L. Fenton

Baked Peppers

Cut the seeds from green peppers, boil about 20 min. run cold water over them; drain and place in bread pan that has been generously spread with bacon fat and butter.

Filling:

1 c. rice washed and cooked 30 min. 1 small can tomato paste
2 lb. ground beef, pork and veal 1 egg
1 c. tomatoes 2 onions cut fine

Mix and season as desired. Fill pepper shells, pour a little water over all. Bake 1 1-2 to 2 hrs in very slow oven if desired. Sprinkle grated cheese over all.

—Mrs. Herbert Vaughan

Baked Ham

Let ham simmer until easily pierced with fork. Let set in liquid until cold. Skin and score diagonally each way with sharp knife, on fat side. Stick each square with clove. Make paste of equal parts of prepared mustard, and cream and sugar and cover clove stuck side with bread crumbs and bake in moderately hot oven.

—Mrs. J. C. Groves

Slices of pineapple laid on top gives a distinctive flavor. Also diamond shaped pieces of orange peel stuck with a clove.

Tarter Sauce

- 1-4 c. sour and sweet small pickles, chopped very fine
- 1 t. onion, chopped fine
- 1 T. olives, chopped
- 1 T. sweet pepper, chopped fine
- 1 T. chopped parsley
- 1 hard boiled egg chopped fine

Add all ingredients to one cup of mayonnaise, mixing thoroughly. Add enough vinegar to taste.

—Mrs. Jack Richardson

Oyster Fritters

- 1 1-2 c. pastry flour
- 2 t. baking powder
- 1-4 t. salt
- 1 egg
- 1-4 c. condensed milk
- 1 T. oyster liquor

Paprika

1 pt oysters and a few drops of onion juice.

Mix and sift first three ingredients. Beat egg and add milk diluted with oyster liquor. Combine liquid and dry ingredients and beat well until smooth, or about 2 min. Drain and chop oysters, season with onion juice and paprika. Add oyster to batter. Drop by spoonfuls into hot fat having a temperature of 360 degrees F. or hot enough to brown cube of bread a golden color in one minute. About five minutes are required for frying.

—Mrs. E. B. Collins

ITALIAN SPAGHETTI DINNER

Menu

Grape Juice Cocktail

Spaghetti and meat balls

Italian Bread

Head Lettuce with French Dressing

Celery

Olives

Pickles

Fresh Fruit

Coffee

Meatless Spaghetti

1-2 lb. spaghetti boiled 15 min.

1-4 lb. grated cheese

3 onions

3 green peppers

1 can tomato soup

1-2 pt. tin lima beans

Salt and pepper to taste

Fry peppers and onions until tender. Mix all ingredients and heat in pan 15 minutes.

—G. L. King.

Italian Macaroni

Cook one-half package macaroni or spaghetti in boiling water salted. Season 1 lb. raw chopped beef with salt and pepper. Slice one onion and fry with meat. Put macaroni in a casserole and steak on top. Add 2 T. flour to fat in frying pan and when cooked add 1-2 c. of large tomatoes. Season with salt, pepper and sugar. When cooked pour sauce over meat and stir through all with a fork several times. Sprinkle grated cheese on top and place in hot oven until cheese is melted. Add drop of red hot pepper sauce and 1 t. Worcestershire sauce if desired.

—Mrs. E. L. Fenton

Italian Spaghetti

- | | |
|------------------------------|---------------------------|
| 1 1-2 lb. ground round steak | 1 ts. of pepper seeds |
| 1-2 lb. ground pork | 2 tbs. of Parmesan cheese |
| 1 large onion, chopped | 1 tsp. salt |
| 1 clove garlic, chopped | 1-2 tsp. pepppper |
| 1 cup bread crumbs | 1-4 cup parsley, chopped |
| 3 eggs, beaten | 1-2 cup olive oil |

Combine all ingredients, working well together. Make into balls, the size of golf balls. Fry in hot olive oil, when brown add balls and oil to hot tomato sauce and cook at least for thirty minutes.

Tomato Sauce

- | | |
|---------------------------|---------------------------|
| 2 cans No. 2 1-2 tomatoes | 1-2 teaspoon pepper seeds |
| Salt | 1 teaspoon sugar |
| 2 cans tomato paste | Dash pepper |

Strain tomatoes and other ingredients and cook slowly until thickened. To cook spaghetti: Two pounds of spaghetti are needed for eight serv-

ings. It is cooked in long strips rather than broken in pieces; dip ends in boiling salted water; as spaghetti softens it will bend and may be coiled under water. Cook until tender. Then drain and wash well with cold water. The spaghetti is heated in oven before serving.

To serve: An amount of spaghetti is put on the plate. Two or three meat balls are placed to the side and the tomato sauce poured over spaghetti. Parmesan cheese is sprinkled over all.

Italian Spaghetti

- | | |
|---|--------------------|
| 2 lbs. round steak | 1 qt. tomatoes |
| 1-2 lb. lean pork | 1 can tomato paste |
| 1 cup mushrooms—added after cooking sauce | |
| 1 garlic clove or 5 or 6 onions if garlic is not liked. | |
| 4 tbs. olive oil | 2 Tbs. flour |
| 2 Tbs. syrup | 2 lb. spaghetti |

Fry garlic or onions in fat and remove from pan. Add ground meat and fry until brown. Add other ingredients except mushrooms which are added last, and cook 6 hrs. Season with red pepper and salt. Thicken with flour and cook five minutes longer.

Boil spaghetti in salt water for 15 minutes. Serve with the above sauce and Italian grated cheese.

—Mrs. Charles Kramer

Chicken Chowmein

- | | |
|------------------------------|--------------------------|
| 1 1-2 lb. veal, cut in cubes | 1 cup mushrooms |
| 2 cups chicken, diced | 2 cups chicken stock |
| 1 cup onions, chopped | 1 can Chinese vegetables |
| 1 1-2 cup celery | 1 can bean sprouts |
| 1 Tbs. Soy sauce | 2 Tbs. butter |

Brown veal in butter, add onions, and celery. Cook until tender, add Chinese vegetables and other ingredients. Thicken with two tablespoons of flour and season with salt and pepper.

Serve with Chinese noodles and rice.

Liver and Sausage

Prepare liver as for frying after having soaked in boiling water for five min. Take small cake of sausage and roll one piece of liver around it and fasten with a tooth pick. Season liver with salt and pepper. Put in pan with a little water and cook until done; about 1-2 hr. Cook covered the first 20 minutes, take lid off and let brown.

—Mrs. Anna Bussard

Deviled Crabs

1 lb. crab meat
Salt and pepper
Juice of 1 lemon
3 tb. Sherry wine
Cream Sauce.
2 tb. butter

1 ts. Worcestershire
4 hard cooked eggs—chopped fine
1 tb. parsley
1 tb. flour
1 c. milk
2 egg yolks

Mix sauce with other ingredients. Let stand 30 minutes. Bake 20 min.

Smothered Pheasant

Cut heads, wings and feet from birds—skin and split in half. Roll in flour and fry in butter until brown. Put in roaster, pour a little water over them and cook in oven about 2 1-2 to 3 hours.

—Mrs. F. P. McLaughlin

Roast Grouse

Clean birds and leave whole. Make stuffing of 1-2 head of chopped cabbage—2 medium sized onions, chopped—1 cup bread cubes, salt and pepper and sage to taste. 1-2 cup melted butter. Mix well and add chopped giblets. Stuff birds and tie legs up over breast. Place in roaster and pour in boiling water and melted butter. Bake in 350 degrees oven until tender. Baste often to keep moist. Put remaining dressing in baking dish with a little water—cover and bake about 1 hr.

—Esther S. Davis

Chicken Dumpling (FOOL PROOF)

1 cup cream

1 cup flour

1 heaping teaspoonful of baking powder mixed with flour and salt. Mix in a bowl and drop in by spoonful in the boiling broth that has been seasoned and boil slowly for 15 minutes. Serve at once.

—Mrs. Paul Overholt

Cocktail Sauce

1-4 c. thick mayonnaise

1-2 c. catsup

1-3 c. finely minced celery
hearts

1 T. chili sauce

1-2 t. salt

1 T. lemon juice

1-4 t. tabasco sauce

1 T. chopped parsley

1 t. Worcestershire sauce

1 t. horseradish

Use 2 c. flaked crab or shrimp

—Mrs. E. L. Fenton

Roast Venison

Put meat in soda water, wash and drain. Place in roasting pan, sprinkle with salt and rub with butter. Add a little boiling water, roast until tender and brown.

Melt 1 T. butter in skillet with a little flour. Brown. Add drippings from it to make a thin paste. This makes a delicious gravy.

—Mrs. J. E. Grubbs

Rabbit Supreme

1 young jack rabbit
6 T. fat
1-2 clove of garlic if liked
6 medium sized onions
Flour

6 springs parsley
1 spring of mint, celery may be added
1 can condensed tomato soup
2 t. salt

Soak the jack rabbit in salted water over-night after it has been cleaned and disjointed. Then pour off the water and dry each piece carefully. Place the fat in a kettle; together with the garlic, onions chopped fine, parsley and mint. Cook until lightly browned then add tomato soup and mix well. Place the rabbit in the kettle and cover with boiling water. Add salt and cook until the rabbit is tender—about 1 1-2 hr. or longer. Adding more water when necessary. When rabbit is tender remove to platter. Thicken the gravy, allowing 1 T. flour to each cupful of broth. Pour gravy over rabbit and serve with boiled rice and currant jelly.

Mrs. Foster's Baked Chicken

1 chicken boiled, cut in cubes, add cooked noodles, seven hard eggs, large can mushrooms, mix well.

Put in baking dish, add stock until half full. When done, add buttered bread crumbs or turkey dressing, and brown in slow oven about $\frac{3}{4}$ hr.

—Mrs. Maude Foster

Caliente Shrimps

Serve hot cooked shrimps with the following sauce:

$\frac{1}{4}$ lb. butter melted
 $\frac{1}{4}$ c. Sunkist lemon juice
 $\frac{1}{4}$ c. catsup

1 t. Worcestershire sauce
1 t. paprika
Sugar to taste

Mix and heat thoroughly. Serve sauce hot in individual bowls. Remove shells from shrimps and the black line. Reheat shrimps after cleaning and dip in the sauce one at a time. To each person allow $\frac{1}{4}$ lb. shrimp. Cook shrimps previously in boiling water for 20 minutes. Good.

Scalloped Oysters with Mushrooms

Make a rich white sauce of 4 tb. butter and tb. flour and enough milk or cream to make a thick sauce. Butter a baking dish, put in layer of oysters then put half a small can of mushrooms, cover with the sauce and a thin coat of buttered bread crumbs. Repeat. Dot the crumbs on top layer with butter.

Use a baking dish large enough so as to only have two layers of oysters to get best results. Bake half an hour in a moderate oven. 1 pt. oysters.

—Mrs. P. R. Overholt

Fried Oysters

Use large selects. Drain and roll in cracker crumbs, made by crushing crisp soda crackers. Let dry for at least 30 min. Mix 2 or 3 eggs with 2 tbs. water, salt and pepper well. Dip oysters in mixture and roll in crumbs again. Let dry thoroughly. Fry in deep fat (lard) in deep iron vessel. Fat should be hot enough to fry doughnuts. Serve with following sauce; which is excellent with any sea food.

$\frac{1}{2}$ tsp. each of chopped parsley, capers and gherkins, $\frac{1}{4}$ c. chili sauce, 1 cup mayonnaise. Beat well.

—Mrs. C. C. Clendenen

Sauce for Cold Meat or Fish

Boil 2 eggs for 10 min. Mix with 1t. mustard, a little pepper and salt, 6 T. drained butter or salad oil, 6 T. vinegar and 1 T. catsup

Escalloped Shrimp

Make a white sauce of 2 tbs. butter, 2 tb. flour and 1 cup rich milk.

Add to it:

1-2 ts. salt

1-4 ts paprika

1-4 ts. celery salt

1-2 ts. scraped onion

2 tb. chili sauce

Few grains cayenne

Break in pieces 1 pint cooked shrimp and add to sauce. Cover with buttered crumbs and brown in hot oven. Serves 6.

—“Culinary Capers”

Boston Chops

Fry four or five pork chops and season, brown nicely. Place in casserole and cover with two cans of pork and beans. If desired add ketchup and cracker crumbs to top. Bake at least half an hour in a moderate oven.

—Mrs. D. L. Leisher

Roast Turkey

Wash and dry turkey, rub the inside of turkey well with salt.

Dressing:

Crumbled stale bread; ($\frac{1}{2}$ yeast and $\frac{1}{2}$ salt rising) toasted lightly in oven. Pour melted butter over crumbs. Moisten lightly with warm water season to taste with pepper and sage, to 1 gal. crumbled bread use 1 c. butter.

Butter and flour mixed with hot water and rubbed over turkey during baking keeps turkey moist.

—Mrs. Laura May

Swedish Meat Balls

1 lb. hamburger steak, $\frac{1}{2}$ lb. fresh pork ground, 2 slices bread, 1 small onion chopped, salt and pepper. Mix ground beef and pork together, add bread which has been soaked and squeezed free from water, and then onion. Mix thoroughly, make into small balls and fry brown in butter, turning frequently to brown on all sides.

—Mrs. O. G. Olsen

Spanish Stew

1 can tomatoes, 1 can peas, 1 lb. chopped steak, 1 green pepper, 1 good sized onion. Cook slowly for 40 minutes then add salt and $\frac{1}{4}$ c. butter.

—Mrs. O. G. Olsen

Meat Loaf

2 lbs. round steak and 1 lb. pork ground together

1 c. saltines rolled fine

2 eggs

Salt and pepper to taste

1 large c. canned tomatoes

1 large onion chopped

Beat eggs a little, add tomatoes, onion, cracker crumbs, meat, salt and pepper with the hands. Mix well. Shape in oblong roll, have pan or roaster well greased with butter. When placed in pan make a little dip lengthwise in center of loaf and put about 2 T. good cream on top. Strain about one cup of juice from canned tomatoes, add a little water and baste loaf while baking. Start loaf by adding a little water in the pan when first placed in oven. Bake 2 hours to 2 $\frac{1}{2}$ hours.

—Mrs. A. O. Baxter

Rissoles

1-3 loaf bread minus crust soaked in milk. Season 2 lbs. hamburger with salt and pepper. Add 1 chopped onion, 1 egg and bread squeezed out of milk. Shape in croquettes and roll in flour. Place in baking pan and cover with following sauce: Run can of tomatoes through sieve add chopped pepper, onion and pinch of soda. Cook about ten minutes. Pour over croquettes and bake until meat is done. Baste frequently with sauce.

—Mrs. Forrest Pritchard

Refrigerator Meat Loaf

Sprinkle 1½ ⁷⁷ lbs. gelatine on 1-3 c. cold water; dissolve over boiling water. Mix three cups ground cooked meat one cup chopped sweet pickles, ½ c. milk, 1½ ts. salt, 1½ ts. dry mustard, 2 tb. vinegar from the pickles, 1-3 c. ketchup, 1½ ts. Worcestershire sauce. Add gelatin; mix. Pack into greased loaf pan. Chill until firm. Serves 4 to 6.

Meat Loaf

2 lbs. ground veal, round steak and pork.

2 eggs beaten

5 tbs. melted butter

1 medium onion, chopped.

1 cup milk

6 crackers, ground

salt and pepper

1 can mushrooms (stems and caps)

4 tsp. catsup

Parsley

hard boiled eggs

Mix all ingredients except the hard boiled eggs. Put a layer of meat in the bottom of a casserole then place the hard boiled eggs in a row and cover with the rest of the meat. Bake about an hour in a moderate oven.

—Helen Nottingham

Meat Loaf

2 lb. ground beef, 1 can tomato soup, 3 ts. rolled crackers, alt and pepper to taste.

Mix well and bake two hours.

—Mrs. Carrie Edgar

Pork Creole

2 onions diced

1 lb. lean pork, ground, salt and pepper

Brown in skillet in 2 T. butter. Then combine with 1 can cooked spaghetti. ½ can tomato soup, ¼ lb. grated cheese.

Mix together and put bread crumbs on top. Bake 300 degrees for 30 minutes.

—Mrs. Raymond Condee

Sugar Cured Ham

2 cups salt

1 heaping teaspoon cayenne pepper

1 cup light brown sugar

Trim meat and cut shank off close. Mix above for each ham. Lay wrapping paper on table, a piece of muslin on that. Rub rind side of meat with a little of the mixture, sprinkle some on the cloth. Lay ham on this with rind side down and shank from you. Rub the mixture well into the flesh side and put plenty on the shank. Draw muslin up and fold carefully, sew or pin on smoothly. Fold paper closely and pin. Wrap this in newspapers and slip into strong bag with shank down and hang up. It needs no more attention until ready to use.

This was my mother's recipe.

—Contributed by Nancy McNeel Currence

FRUITS AND VEGETABLES

◆
"Herbs and other country messes,

Which the neat handed Phyllis dresses."

—Milton

Spanish Rice

1-3 c. shortening
1 clove garlic (minced)
1 c. sliced onion
1 lb. ground meat
1 green pepper—cut
1 c. rice (wash and dry)

1 c. diced celery
3½ c. tomatoes and juice
2 t. salt
½ t. pepper
2 T. worchestershire sauce

cmfwyp cmfwyp cmfwwww

Melt fat—brown garlic and onion slightly with meat and brown. Add pepper, celery, tomatoes and seasoning and cook until steaming. Sprinkle rice over top. Do not stir after adding rice. Cover and cook until rice is tender. ½ pkg. spaghetti may be substituted for rice.

—The General Electric Cook Book

Baked Egg Plant

6 medium sized tomatoes (or can tomatoes)

1 medium sized egg plant

4 medium sized onions

3 medium sized peppers

Bread crumbs

Butter

Salt and pepper

Peel and soak (and cut in walnut size pieces) the eggplant for a few minutes in salt water. Prepare onions, peppers and tomatoes. Drain eggplant and place layers of eggplant, onions, peppers and tomatoes, bread crumbs and butter in baking dish, with bread crumbs over the top, for one hour or until done.

—Mrs. Paul Mason

Boston Baked Beans

1 lb. soup beans soaked over night then cooked until when a spoonful is taken up and blown on the skins crack. ½ lb. pork, scrape and wash meat, place in bottom of earthen pot. Add cooked beans and 1 t. English mustard dry. 3 T. salt, 1-3 c. molasses, 3 T. brown sugar.

Mix with hot water or tomatoes juice, cover all the liquid bake in very slow oven 8-10 hrs. Tomato paste may be used also a whole onion can be buried in beans.

Cauliflower with Mushroom Sauce

½ pound mushrooms

4 T. fat (butter preferred)

1 head cauliflower

4 T. flour

2 c. milk

Wash and slice mushrooms. Cook in a little fat until tender. Heat the 4 T. butter, add flour and mix well. Add the milk; cook on low heat until thick, stirring constantly. Add mushrooms and season. Serve with a cooked whole cauliflower.

**For forty years we have served the people of this
community as distributors of hardware, household
furnishings, and electrical supplies. We wish to
continue in the same capacity for the years to come.**

C. J. RICHARDSON

MARLINTON, WEST VIRGINIA

Baked Onions

Parboil enough small cured onions to fill baking dish. Parboil through two salted waters.

Butter baking dish fill with onions. Sprinkle lightly with flour, pour $\frac{1}{4}$ to $\frac{1}{2}$ c. cream on. Cover with grated American cheese. Cover with bread crumbs, dot with butter. Bake in hot oven.

—Mrs. C. C. Clendenen

Potato Chips

Slice large potatoes in potato slicer. Soak 1 hr. in cold water. Dry between absorbent clothes for 1 hr.

Have deep iron vessel nearly filled with lard. When hot enough to brown bread quickly, put in potatoes, not crowding. Turn as they brown. Drain on brown paper. Sprinkle lightly with salt. Never salt fat or use new potatoes.

—Mrs. C. C. Clendenen

VEGETABLES

Fried Cauliflower

Separate a head of cauliflower into pieces and cook in a small amount of boiling salted water until it starts to get tender. Drain and dip each piece in slightly beaten egg and cracker crumbs. Fry in deep fat until golden brown.

—Helen B. Nottingham

FOR DELICIOUS FOODS

follow the receipts from this

BOOK

FOR SAFE BANKING

get you receipts from

FIRST NATIONAL BANK

MARLINTON, W. V. A.

MEMBER OF FEDERAL RESERVE SYSTEM

Member of Federal Deposit Insurance Corporation

"Hotspot"

Steam or boil 2 bunches of carrots, 2 large potatoes or 3 or 4 smaller sized, about 6 medium sized onions until tender. Mix the 3 vegetables and mash, add cream and butter. Beat until light and serve very hot.

—Mrs. D. L. Leisher

Mushroom au gratin

1 can consomme

1 cup medium white sauce

1 lb. mushrooms

$\frac{1}{2}$ c. grated cheese

Cream mushrooms and cook in consomme five minutes. Drain. Put in baking dish and pour in white sauce and sprinkle cheese over top. Bake in 350 degree oven until done.

—Esther S. Davis

Baked Pears

1 qt. pears, 2-3 C. light brown sugar, $\frac{1}{2}$ t. cinnamon, 6 or 8 cloves, 1 T. butter. Bake in slow oven until light brown. Serve around meat or with meat as a vegetable.

—Mary Jo Allen

Cranberry Jelly

4 c. cranberries

2 c. boiling water

2c. sugar

Pick over and wash cranberries, drain. Add water, boil 20 min., rub through seive. Cook 3 minutes, add sugar, mix well and cook 2 min. Pour into jelly glasses or small molds and chill.

Baked Apple Sauce

12 medium sized tart apples

$\frac{1}{4}$ t. cloves

1 c. water

$\frac{1}{2}$ t. cinnamon

$1\frac{1}{2}$ c. sugar

Pare, core and slice apples. Place in baking dish, add water. Bake 30 minutes at 350 degrees. Remove, mash. Add sugar. Serve.

—Mrs. Essie D. McLain

Baked Potatoes with Peanut Butter

6 medium sized potatoes, greased and baked in oven. 2 T. peanut butter or $\frac{1}{2}$ c. ground peanuts. Cut baked potatoes lengthwise, remove potato and season with salt and cream. Beat until fluffy. Add peanut butter or ground peanuts, beat until smooth, fill cases, bake in hot oven.

—Mrs. Philip Alderman

Asparagus Ring with Peas

4 T. butter

3 egg yolks

3 T. flour

3 egg whites

1 t. salt

2 c. cut asparagus (canned)

1 c. milk

1 small can peas

Make a white sauce of the flour, butter and milk. Add salt, then pour beaten yolks of eggs. Cook for a few minutes longer. Add the asparagus (cut in small pieces) and fold in the stiffly beaten egg whites. Pour into a well buttered ring mold. Place in oven at 350 degrees and bake 45 min. Turn out on a large platter, placing buttered peas all around in center. Garnish with strips of pimentos and some parsley.

Acorn Squash

Cut acorn squash in two and remove seeds and pulp. Then place ground country sausage in the halves about 3-4 full. Place in a baking pan with a small amount of water and bake in a moderate oven until squash is tender. Serve hot on the shell.

The squash are also very good steamed or baked plain, serving in the shell with plenty of butter.

Marshmallow Sweet Potatoes

1 can (or less) sweet potatoes
1 doz. marshmallows (or less)

Mash sweet potatoes, add salt, sugar and butter. Take one marshmallow, cover with mashed sweet potatoes then roll in crushed corn flakes. Put in hot oven until marshmallows are thoroughly heated. About 8 to 10 minutes.

—Mrs. Anna Bussard

Oranged Sweet Potatoes

Parboil 6 medium sweet potatoes, peel and slice lengthwise. Arrange slices in baking dish and sprinkle with $\frac{1}{2}$ cup brown sugar, dot with 2 T. butter and add 1 T. grated orange rind. Pour juice over top and scatter 2 T brown sugar and a little paprika over top. Bake covered for 30 minutes in moderately hot oven (375 degrees). Uncover and bake approximately 15 min. longer.

$\frac{1}{2}$ c. orange juice
Candied Carrots

6 or 8 large carrots
 $\frac{1}{2}$ c. brown sugar
 $\frac{1}{4}$ c. butter
 $\frac{1}{4}$ c. hot water

Cut carrots half lengthwise and place in covered baking dish. Pour over the carrots the syrup made of sugar, butter and water. Bake at 350 degrees for $1\frac{1}{2}$ hr.

Mrs. Ward R. Bare

Rose Apples

6 large apples
1 c. sugar
3-4 water
 $\frac{1}{4}$ c. red candied cinnamon drops

Peel and core apples leaving one half-inch of peeling at bottom so apples will not split. Make a syrup of water, sugar and cinnamon drops. Stand the apples in a pan and cook, constantly pouring the syrup over top of the apples with a large spoon. Test with fork, when apples are soft through remove from pan and let syrup cook down. Then pour same over each apple. Serve in sherbet glasses—smother with whipped cream or serve plain.

Mrs. E. G. Herold

Sweet Potatoes

Peel raw potatoes, slice lengthwise and place in a buttered baking dish a layer of potatoes covered with brown sugar and a generous amount of butter; repeat until dish is full as desired. Add enough hot water to fill dish half full. Cover and cook until potatoes are done, uncover and brown.

—Georgie King

Baked Sweet Potatoes

Cook sweet potatoes in slightly salted water until tender. Season with butter and cream. Beat until fluffy. Fill orange cups with mixture, top with butter, brown in oven.

Good luncheon accompaniment to fried chicken or breaded veal chops.

Glaced Carrots

Cook carrots until tender. Put in buttered baking dish, cover with mixture made of equal parts of granulated sugar and butter. Bake until well glazed.

Hot Slaw

Shred 1 head cabbage, add 1 t. salt, cover with hot water. Cook 20 min. Add 2 T. vinegar, drain, add lump butter. Serve hot as accompaniment to pork. 2 bay leaves may be used, if desired.

Spring Vegetable Shortcake

Slowly melt one package of creamed "old" American cheese in the top of a double boiler. Gradually stir in 1-3 cup of milk. Add 1 cup of cooked peas and $\frac{1}{2}$ cup of tiny cooked onions (the latter may be omitted). On each of 4 toast rounds, place 2 stalks of hot buttered asparagus. Cover with the cheese sauce and vegetables mixture. Top with toast rounds from which you have cut center circle. Put a small cooked onion in each center circle and border it with a pimento strip. Garnish with parsley.

—Margaret E. Smith

Carrots with Lemon Parsley Butter

6 medium sized carrots or 12 small ones

$\frac{1}{2}$ t. salt

1 T. lemon juice

3 T. butter

2 T. chopped parsley

Cook scraped carrots in boiling salted water until tender. Drain and place on hot platter. Melt butter and add juice and parsley. Serve in small pitcher to pour over carrots.

Cranberry Sauce

1 lb. cranberries

2 cups water

$1\frac{1}{2}$ c. sugar

Pick over and wash cranberries—drain. Mix water and sugar in saucepan, bring to boil. Add cranberries and allow them to cook until they stop popping.

Whole Cranberry Sauce

- 1 lb. cranberries
- 2 c. water
- 2 c. sugar

Pick over and wash cranberries—drain. Mix water and sugar in saucepan, boil for 5 minutes. Add cranberries, boil hard without stirring for 5 minutes.

Baked Chestnuts

- Peel and blanch:
- 1 qt. large chestnuts
 - 2 T. butter
 - 1 t. salt, scant
 - 1 c. water, hot

Bake in moderate oven for 30 minutes in a pyrex dish, covered. Last 10 minutes uncover so they will brown.

—Mrs. H. Wyllie

Chestnuts in Casserole

2 lbs. Italian chestnuts. Parboil until tender but not soft. Shell and blanch in hot water and remove skin. Dust with flour and put in buttered casserole. Salt and pepper to taste and dot with butter. Cover with cream and bake with lid on until sauce is done.

—Mrs. E. L. Fenton

Creole Egg Plant

- 1 large or 2 medium egg plants
- 2 small onions
- 1 egg
- 1 green pepper
- 2 t. baking powder
- 1 c. tomatoes
- 1 c. grated cheese
- 1 T. bacon fat
- Bread crumbs and salt to taste

Peel and slice egg plant and soak in salted water 1 hour, add onion and cook until tender. Mash, add egg, tomatoes, salt and cheese.

Cut peppers in small pieces. Mix well, add bacon fat and baking powder. Cover with bread crumbs and bake 40 minutes in moderate oven.

—Mrs. Marvin Jackson, Waynesville, N. C.

COMPLIMENTS
P. T. WARD, ATTORNEY-AT-LAW
MARLINTON, WEST VIRGINIA

PIE



"She may dress in silk,
She may dress in satin
She may know the language,
Greek and Latin
May know art, may know love and sigh,
But she is no good if she can't
bake a pie."



Hot Water Pastry

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ ts. salt
$\frac{1}{4}$ c. boiling water	$\frac{1}{2}$ ts. baking powder
$1\frac{1}{2}$ c. flour	

Place shortening in a bowl. Add the boiling water and beat until smooth and creamy. Add the flour sifted with the salt and baking powder, and stir until a smooth ball forms. Chill until firm before rolling.

Strips of the above pastry wrapped around Vienna sausages, chilled and then baked in a hot oven are delicious.

These are sometimes called "Pigs in Blankets."

Lemon Fluff Pie (For One)

3 eggs	1 lemon
3 tsp. water	1 cup sugar
$\frac{1}{4}$ tsp. salt	

Separate eggs. Beat yolks up with $\frac{1}{2}$ cup sugar. Add water, grated rind and juice of lemon. Cook in double boiler until thick. Have egg whites beaten dry, add salt and remaining $\frac{1}{2}$ cup sugar. Pour into this the cooked mixture, blending it well together. Fill baked pie shell. Bake in a very slow oven, not more than five minutes. Brown lightly under broiler. (In case of wood or coal stove on top rack, in moderate oven until brown).

Pie Crust

2 cups sifted flour	1-3 cup cold water
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup shortening

Cut shortening and flour together until about the size of peas or rice. Add water, press together, do not knead. (Over kneading makes crust tough).

—Mrs. Barbara Bragg

North Carolina Brown Sugar Pie

1 egg	Butter
1 cup brown sugar	Vanilla

Pour the above mixture in an unbaked pastry shell and bake in a moderate oven until mixture is firm when shaken. This is a very quick dessert to fix and may be eaten hot.

—Nancy McNeel Currence

COMPLIMENTS OF

DURBIN MERCHANTILE CO.

GENERAL MERCHANDISE

DURBIN, WEST VIRGINIA

You are assured of Successful Cooking with C. J's Finer Foods

Trade At Your Local C. J's. STORE

Nationally Advertised Foods

19 — Complete Markets — 19

Pumpkin Chiffon Pie

1 envelope of Knox gelatine
 $\frac{1}{4}$ c. cold water
 $\frac{1}{8}$ t. ginger
 $\frac{1}{2}$ t. cinnamon
 $\frac{1}{4}$ t. cloves
 $\frac{1}{2}$ t. salt

1 t. lemon extract
 $1\frac{1}{4}$ c. canned pumpkin
 $\frac{1}{2}$ c. milk
1 c. sugar
3 eggs

To slightly beaten egg yolks add $\frac{1}{2}$ c. sugar, pumpkin, milk, salt and spices. Cook in double boiler until thick.

Add gelatine, which has soaked for 5 minutes in cold water to hot pumpkin mixture. When it begins to thicken add lemon and egg whites beaten stiff, to which $\frac{1}{2}$ c. sugar has been added. Put in baked shell and chill in ice box. May be topped with whipped cream. Pecans may be added to pumpkin and cinnamon to whipped cream.

Flora Dora Pie

2 cups milk in top of double boiler. Add $\frac{1}{2}$ cup cocoanut and let steam together for few minutes. Beat yolks of 2 eggs with 1 cup sugar, 3 tbs. corn starch and add to the milk and cocoanut and cook until smooth. Let cool and add 2 slices of pineapple. Pour into baked pie shell and top with meringue. Sprinkle meringue with cocoanut and brown in oven.

—Mrs. Joe Ashcroft

Sunny Silver Pie

$\frac{1}{2}$ tbs. of gelatine
1-3 c. cold water
4 eggs

1 lemon, juice and grated rind
1 c. granulated sugar

Soak the gelatine in the cold water, beat the egg yolks until light, add the juice and grated rind of the lemon and $\frac{1}{2}$ cup of sugar. Put in a double boiler and cook, stirring until smooth. Add the gelatine and cook about two minutes longer. Remove from stove and add the stiffly beaten egg whites to which have been added the remaining $\frac{1}{2}$ cup of sugar. Fill a baked pie crust with this mixture and let stand three hours. When ready to serve top with whipped cream. Makes 2 small pies.

Strawberry Tart Pie

1 qt. berries
1 c. water
Pinch of salt

3 T. grated orange rind
2 T. lemon juice

Wash berries and place 2-3 of berries in baked pie shell. Mash the remainder, add sugar and water and boil until mixture jells when put on a cold plate. Cook rind and juice with berries. Cool a little and pour over berries. Chill. Spread with whipped cream before serving.

—Better Home and Garden

Pecan Pie

2 eggs slightly beaten
1 c. sugar
1 c. dark karo
2 t. cream

1 t. salt
2-3 c. chopped pecans
1 t. vanilla

Mix well, adding nut meats last. Bake in unbaked pastry for ten minutes at 450 degrees. Reduce heat to 350 degrees and bake until filling is firm.

—Mrs. Everett Ruckman

Rhubarb Pie

1½ c. rhubarb
1 c. sugar

1 egg
2 t. flour

Mix sugar, flour, egg and rhubarb. Place in unbaked pastry and cover with lattice.
Bake in moderate oven until rhubarb is done.

—U. D. C. Cook Book

Butter Scotch Pie

1 c. brown sugar

Butter size of a walnut, put on stove and browned.

Mix 2 T. flour, 1 c. milk, 2 egg yolks and 1 t. vanilla. Cook until thick and add to browned sugar. Place in baked crust. Make meringue of whites and put on filling. Bake until meringue is brown. This makes one small pie for larger ones make half more of the recipe.

—Mrs. Joseph Bierer

Meringue

1 egg whites
½ t. vinegar

6 T. sugar
Pinch of salt

Place egg whites with salt in small mixer-beater bowl. Beat on high until stiff. Gradually add the sugar and continue beating until sugar has apparently dissolved and mixture is of a marshmallow texture. Add vinegar and beat until mixed. Pile meringue on top of desired food and bake at 325 degrees for 12 to 18 minutes.

Graham Cracker Cherry Pie

1 can sour red cherries

1 cup sugar

Cook together until sugar penetrates cherries. Add 1 pkg. raspberry jello to hot mixture. Cool, put in graham crackers shell. Cover with whipped cream and sprinkle with graham crumbs.

—Mrs. S. H. Sharp

Boston Cream Pie

2 eggs

2 tbs. milk

1 c. sugar

1½ c. flour

1 tsp. baking powder

Mix dry ingredients, add milk and unbeaten eggs.

Filling:

Bring 1 pt. milk to a boil, add 2 eggs beaten with 1 cup sugar and ½ c. flour, lump of butter. Nuts may be added. Cool cake split and fill with cooled filling.

—Mrs. Laura May

Coconut Pie

1 c. milk

2 tb. cornstarch

½ c. sugar

2 eggs

½ t. salt

½ c. coconut

Heat the milk in a double boiler. Mix the sugar, salt and cornstarch. Separate the eggs, add the hot milk to this mixture a little at a time. Return to the double boiler and cook until it thickens. Remove from the fire and add the coconut. Carefully fold in egg whites which are stiffly beaten, and pour the mixture into a baked pie crust. Brown in a slow oven (300 degrees) and serve the day it is made.

KRAMER'S

5c to \$1.00 STORE

MARLINTON, WEST VIRGINIA

Stop and see us and we will be glad to see you

Offering A Complete Beauty Service

Designed for more lovely you.

ANNETTE BEAUTY SHOP

MARLINTON, WEST VIRGINIA

BAXTERS GARAGE, INC.

100 CAMDEN AVE.

MARLINTON, W. VA.

Ford V 8 Sales and Service

Hunter & Echols Insurance Agency, Inc.

All Forms of Insurance

E. H. WADE, Manager

MARLINTON, WEST VIRGINIA

Apple Butter Pie

$\frac{3}{4}$ c. apple butter, $\frac{1}{2}$ c. sugar, 2 eggs, separated, juice and rind of 1 lemon, 3-4 c. raisins, 2 ts. corn starch dissolved in a little water.

Mix in order given. Beat egg yolks with 2 Ts. water. Cook in double boiler until thickened. Pour in baked pie crust. Top with meringue made from 2 egg whites and $\frac{1}{4}$ Ts. sugar.

—Mrs. J. E. Grubbs

Dixie Pie

1 c. brown sugar, 1 c. butter, 1 1-2 c. damson or plum preserves, 3 eggs, 1 T. vanilla.

Cream butter and sugar, add egg yolks and preserves and vanilla. Beat eggs separately put in whites last. Bake in unbaked crust. Makes two pies.

—Mrs. Lewis Gay

Pumpkin Pie

$1\frac{1}{2}$ c. cooked pumpkin rubbed through colander

$\frac{3}{4}$ c. brown sugar

$1\frac{1}{2}$ c. sweet milk

1 T. salt

$\frac{1}{2}$ t. ginger

3-4 t. cinnamon

2 or 3 eggs

Combine all the ingredients. Line a pie plate with good pastry, prick with fork. Bake for 10 minutes in hot oven; fill with mixture and bake in moderate oven for 30 minutes or more. Do not allow filling to boil or it will curdle.

—Mrs. A. O. Baxter

MARLINTON ELECTRIC COMPANY

MARLINTON, WEST VIRGINIA

DISTRIBUTORS OF

Amoco and Orange American Gasoline

Quaker State Motor Oil

Firestone Tires

See Your AMOCO Dealer

Grape Juice Pie

5 tbs. g. sugar
4 tbs. flour
3 eggs

1 c. Welch's grape juice
 $\frac{1}{2}$ c. water

Mix flour and sugar, add grape juice stirring it in slowly then add water and beaten egg yolks. Cook in double boiler, stirring all the time until it is thick. Put in baked pie shell and add meringue made of egg whites that have been beaten stiff and add $\frac{1}{4}$ cup powdered sugar. Brown in slow oven.

—Libby Rexrode

Lemon Sponge Pie

Mix in following order:

1 c. sugar

$\frac{1}{4}$ c. butter (cream together)

Add 2 beaten yolks of eggs and the juice and rind of 2 lemons.

2 T. flour

$\frac{1}{2}$ c. milk

Beat egg whites and fold in last. Pour into uncooked pie shell and bake in slow oven.

—Mrs. Joe Ashcroft

Angelic Pie

11 graham crackers rolled

1 t. baking powder

1 c. sugar

$\frac{1}{2}$ c. nut meats (walnuts)

3 stiffly beaten egg whites

Combine crackers, sugar, baking powder and nuts. Beat egg yolks until thick and lemon colored then mix with cracker crumbs. Fold in stiff egg whites, pour into pie tin and bake in moderate oven, 350 degrees, from 20-25 minutes. Cool in pan. Cut in pieces for serving. Top each with ice cream or whipped cream.

G. L. King

Perfect Cherry Pie

1 tsp. salt

3 c. fresh pitted cherries

$\frac{1}{2}$ cup shortening

1 to $1\frac{1}{2}$ c. sugar

Ice water (3 to 4 tbs.)

3 tbs. flour (thickening)

1 tsp. Melted butter

$\frac{1}{8}$ tsp. almond extract (if desired)

$1\frac{1}{2}$ c. flour

2 tbs. butter

Sift the flour once before measuring. Then sift flour and salt together. Cut in the shortening with 2 knives or a pastry blender, leaving some of the shortening in lumps the size of giant peas.

Now add the ice water sprinkle it lightly over the flour and shortening a little at a time. At first, blend it gently with a fork, then gather the dough together lightly with the fingertips. As soon as you can make the dough stay together, you have plenty of water in it. Now round up the dough on a cloth-covered board, using flour rubbed into the cloth to keep the dough from sticking. Divide dough, using a more generous half for under crust. Roll out bottom crust $\frac{1}{8}$ inch thick so to fit pie pan. Put dough into pan loosely to avoid stretching. Let pan rest on table when cutting off extra dough. Brush dough in pan with melted butter, and chill it thoroughly.

Now roll out other half of dough to make top crust. It should be large enough to extend beyond edge of pie pan. Fold in half, make several cuts for steam to escape. Then unfold, place on waxed paper, and chill thoroughly. Sprinkle a little flour and sugar mixture on bottom pastry in the pan. Cover with cherries. Sprinkle with flour and sugar. Add remaining cherries, and sprinkle with the rest of flour and sugar. Dot with butter. Wet edge of bottom crust.

Lay top crust gently on top filling, folding extra rim of pastry under edge of lower crust. Pinch two edges together, build up a fluted edge. If sugared crust is desired, brush top with milk, then sprinkle with sugar.

SALADS

To make a perfect salad, there should be a spend-thrift for oil a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up, and mix them well together."

—Spanish Proverb

Macaroni Salad

1 pk. gelatin (lemon)
1 onion
1 cup boiling water
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ tbs. mustard

3 tbs. vinegar
2-3 cup mayonnaise
2-3 cup cabbage
2 tb. pimento
1 cup macaroni
 $\frac{1}{2}$ cup grated carrots

Dissolve gelatin in boiling water, add cold water, salt, mustard and vinegar, add chopped onion, cabbage, pimento, carrots and macaroni. Mould in a loaf pan.

—Mrs. Ashcroft

Thousand Island Dressing

$\frac{1}{2}$ pt. mayonnaise or salad dressing
 $\frac{1}{2}$ pt. catsup
1 c. chopped pickles
1 t. hot sauce (more or less may be added if desired)

2 t. grated onion
2 eggs, cut fine
1 scant t. salt

Put all in jar—shake. This will keep longer if eggs are omitted and put in when used.

—Miss Blanche Patterson

French Dressing

$\frac{1}{4}$ c. salad oil
3 T. lemon juice
1 T. vinegar

2 T. paprika
 $\frac{1}{4}$ t. sale; $\frac{1}{4}$ t. pepper
Sugar to taste (powdered)

Shake well, a few cloves of garlic may be added.

—Mrs. Cathleen M. Vaughan

Fruit Salad Dressing

Beat one egg. Add 1-2 c. sugar. 1 T. flour (rounded). salt to taste. Add a lump of butter, size of a walnut. Then add the juice of 2 lemons and one orange and one half cup pineapple juice. Cook until thick and add a few chopped marshmallows.

—Mrs. Joe Ashcroft

Fruit Salad

4 bananas
2 apples
1 small can pineapple

1 box marshmallows
 $\frac{1}{4}$ lb. nut meats

Chop above and mix with following:

2 egg yolks, beaten
 $\frac{1}{2}$ t. mustard

5 t. vinegar (heated)

When ready to serve add $\frac{1}{2}$ pt. whipped cream. This may be frozen in refrigerator pans if desired.

—Mrs. G. L. King

Date Cream Salad

- | | |
|------------------------------|-------------------------------------|
| 1 lb. chopped seedless dates | $\frac{1}{2}$ c. sweet milk |
| 6 sliced bananas | Gelatine— 2 to 3 T. |
| 1 pt. cream, whipped | 1 c. cold water; 1 c. boiling water |
| 2 pkg. cream cheese | Salt to taste |

Soak the gelatine in cold water and dissolve in boiling water. Mash cheese and soften to smooth paste in milk. Add cheese to whipped cream. Fold in dates and bananas, gradually. Add gelatine which has been cooled. Season with salt to taste. Pour into loaf pan to congeal. When firm turn out on platter, slice and serve on lettuce with mayonnaise. Serves 12. —Mrs. Robert Hickman

Golden West Salad

- | | |
|-------------------------------|------------------------|
| 2 pkg. cream cheese | 8 T. hot milk |
| 1-2 c. chopped walnut meats | 1-2 c. chopped celery |
| 1-4 c. chopped green cherries | 1-2 pt. whipping cream |
| 3 T. sugar | Pinch salt |
| 1 1-2 T. gelatine | |

Mash cheese and add nut meats, cherries, sugar, celery, salt. Fold in whipped cream. Dissolve gelatine in milk. Add gelatine to cheese mixture. Chill for 1 1-2 hrs.. Serve on crisp lettuce garnish with peach and pear halves filled with mayonnaise.

Ribbon Salad

Soak 1 box Knox gelatine in 1 cup cold water for five min. Add 1-2 c. sugar dissolved in 3 c. boiling water. Add the juice from 1 can white cherries and 1 can pineapple large size. Cream 4 pkg. of Philadelphia cream cheese. Add 1 small size can of pimientos run through food chopper. 1-4 lb. nuts and add this to one-half of gelatine mixture.

Add cherries and pineapple to rest of gelatine. Put 1-2 of fruit mixture in pan and allow to harden. Then put cheese mixture on top and let it harden, then the rest of fruit mixture on top of cheese mixture. Let harden. Use pan that will make the layers thick enough to show up well. Serve on lettuce with mayonnaise. Serves 18 and nice for party salad.

Salad Supreme

- | | |
|---------------------------|---------------------|
| 1 can crushed pineapple | 2 pkg. cream cheese |
| 1 can white cherries | 1-2 c. lemon juice |
| 3 envelopes Knox Gelatine | |

Drain pineapple, seed and drain cherries. Cream cheese thoroughly.

Dissolve 1 pkg. gelatine in 1-2 c. cold water then in 1 c. hot water, add 1-4 c. lemon juice. When it begins to thicken, pour over cherries that have been put in salad mold. When firm pour cheese, to which has been added 1 pkg. gelatine soaked in 1-2 c. cold water and dissolved in 1 c. hot water, this should be cool before putting on top of cherries. When set, place layer of pineapple which has had addition of gelatine prepared as above with 1-4 c. lemon juice. Pineapple should become thick before adding. When perfectly set turn out on platter and cut in squares. Cherries are on top. This is a delicious and decorative salad.

—Mrs. George Gunnoe, Huntington, W. Va.

Elizabeth's Salad

1 pkg. lemon jello dissolved in juice of a large can of pineapple. When set add small can of pimientos (mashed) fine with a fork and add 2 pkgs. Philadelphia cream cheese, 1½ c. chopped celery and 2-3 c. pecans, ½ pt. cream whipped. When set and ready to serve add another ½ pt. whipped cream. Serves 12.

—Mrs. C. P. Dorsey

Salad Dessert (8 servings)

1 T. Knox gelatine
4 T. cold water
1 T. butter
2 egg yolks
3 T. sugar
2 T. pineapple juice
1 c. prepared fruit

1 c. whipped cream
1 t. salt
1-3 t. paprika
Few grains cayenne
2-3 c. milk
1-3 c. mild vinegar

Soak gelatine in cold water 5 minutes. Beat egg yolks and salt. Add gradually vinegar, sugar and butter. Cayenne and pineapple juice. Heat milk in double boiler and gradually add to egg mixture. Return to the top of double boiler. Add soaked gelatine when mixture thickens, remove from fire. Whip occasionally while cooling and when beginning to set, add whipped cream and fruit in small pieces (cut orange free of membrane, cherries, canned pineapple or pears). Turn into wet mold and when firm remove to bed of crisp lettuce. Serve with mayonnaise to which has been added a few spoonful of whipped cream.

Dutch Dressing for Greens

Fry enough chopped ham (fat and all) bacon or salt pork to make 5 T. of grease. To this add 2 eggs slightly beaten, 3 T. sugar, ½ c. vinegar and salt to taste. Cook until slightly thickened. Pour over lettuce, kale, spinach, or any kind of greens. Garnish with hard boiled eggs and serve immediately. The amount of sugar and vinegar may be changed according to your own taste.

—Helen B. Nottingham

Mayonnaise

2 egg yolks
1 t. mustard
1 t. powdered sugar
1 t. salt
Few grains cayenne

2 T. vinegar
2 T. lemon juice
1½ c. salad oil
Paprika

Place eggs in small mixer bowl. Add dry ingredients. Beat on high until eggs are lemon colored. Add oil pouring very slowly until dressing becomes thick, then alternately add vinegar and lemon juice with oil, until all have been added. Continue beating for two minutes.

Italian Chestnut Salad

Cook day before using, peel while hot. Cut coarsely, use equal parts of celery cut the same. Mix with mayonnaise, salt to taste. Use in fancy red apple cups.

—Mrs. Paul Bitting, Winston Salem, N. C.

Spiced Vinegar

Into 1 qt. of good cider vinegar put 1 oz. celery seed, 1-3 oz. of dried mint, 1-3 oz. dried parsley, 1 garlic, 3 small onions, 3 whole cloves, 1 t. pepper corns, 1 t. grated nutmeg, sugar and salt to taste. Put all in jar and cover well. Useful for flavoring salads and other dishes.

Molded Chicken Loaf (Serving 8)

- 1 pkg. lemon jello
- 2 c. boiling chicken stock
- $\frac{1}{2}$ c. diced celery
- 4 T. chopped pimento

- $\frac{1}{2}$ t. salt
- $\frac{1}{4}$ t. paprika
- $1\frac{1}{2}$ c. diced cooked chicken
- Pepper to taste

Pour stock over jello and stir until this is dissolved. Cool. Add rest of ingredients. Chill until stiff. Unmold and serve cut in squares on lettuce. Serve with mayonnaise.

Molded Tuna Fish Salad

- 2 c. tuna fish
- 2 T. Heinz sandwich spread
- 1 T. chopped onion
- 2 t. gelatine

- $\frac{1}{2}$ c. cold water
- $\frac{1}{2}$ c. celery cut fine
- $\frac{1}{2}$ t. salt

Flake the tuna, place in sieve and pour boiling water over it. Drain and cool. Add celery, onions, salt and spread. Mix well. Soak gelatine in cold water add to fish mixture. Stir well and put in molds.

Chicken Salad

- 4 c. diced chicken
- 3 c. diced celery
- 6 hard boiled eggs (diced)
- 1 c. pecans

Dressing:

- 1 c. cream (sour)
- 3-4 c. vinegar
- $\frac{1}{2}$ t. mustard
- $\frac{1}{2}$ t. salt
- $\frac{1}{2}$ c. sugar
- 3 eggs

Add mustard, salt and sugar to well beaten eggs and sour cream; then the vinegar, just a little at a time. Cook until of consistency of thick cream.

—Mrs. M. P. Burr

Chicken Salade

- 4 c. diced chicken
- 2 c. diced celery

- 1 c. shredded blanched almonds
- 1 c. mayonnaise

Salt to taste and add a little lemon juice. Mix and serve in lettuce cups.

—Mrs. C. B. Collins

Health Salad

- 6 medium carrots
- $\frac{1}{4}$ small head cabbage
- 3 green onions
- 6 radishes
- 1 T. sugar

- $\frac{1}{4}$ c. mayonnaise
- 2 stalks celery
- 1 cucumber
- 1 t. salt

Chop fine all raw vegetables. Add sugar, salt and mayonnaise. Chill and serve on a nest of shredded lettuce. Garnish each plate with a radish rose.

White Cherry Salad

- 1 large can sliced pineapple
- 1 large can white cherries

- $\frac{1}{2}$ lb. blanched almonds
- 2 T. gelatine

Cut fruits and nuts then dissolve gelatine in $\frac{1}{4}$ c. cold water. Bring to boil pineapple juice and pour over gelatine. Let cool. Whip in 1 c. cream and 1 c. mayonnaise. Then add fruit and nuts and put in molds and place in refrigerator the night before serving. Serves 12.

Boiled Dressing

1 c. sugar
3-4 c. vinegar
1/4 t. prepared mustard

1 t. salt
1 T. butter
1 1/2 T. flour

Mix flour and sugar. Add beaten egg and beat well. Heat vinegar to boiling point and then add sugar mixture and boil until thickened, stirring all the time. Just before taking from stove add butter and mustard. When ready to use add enough whole milk or cream to make it the right consistency and whip well. The boiled mixture can be kept for a long time just adding cream or milk when needed.

—Mrs. E. C. Smith

Slaw Dressing

1 egg
1 T. flour, rounded
1-3 c. water

1/2 c. sugar
2-3 c. Heinz vinegar

Add 1/4 t. celery seed and butter size of large walnut and a little pepper.

Break the egg into sauce pan, add sugar and flour with sith silver fork. Beat well. Add vinegar and butter. Place on stove stirring constantly to keep from burning. When it has boiled well remove from fire and cool. Cream may be added, sprinkle salt over cabbage.

—Mrs. A. O. Baxter

Hollandaise Sauce

1/2 c. butter
Yolk 3 eggs
Juice of 1/2 lemon

1 t. salt
1/4 t. pepper
1/2 c. boiling water

Blend butter with the yolks of eggs, add them one at a time, and beat well. Then add lemon juice, salt and pepper. About five minutes before serving, add boiling water, a little at a time, and stir well. Place the mixture in a double boiler and stir rapidly until the sauce thickens like boiled custard. Serve immediately. Very good on green leafy vegetables.

—Mrs. Jack Richardson

Asparagus Jelly Salad

1 T. granulated gelatine
1/2 c. cold water
1-2 stalks cold boiled asparagus
1 green pepper
1 1/2 c. asparagus stock
1 bay leaf
1/4 t. salt

Parsley
1/2 t. celery salt
3-4 c. mayonnaise
Lettuce
Carrots
Radishes

Soak the gelatine in cold water. Mince asparagus and green pepper. Combine the asparagus stock, bay leaf and parsley and boil five minutes. Strain and pour over the gelatine and stir until thoroughly dissolved. Add the peppers, asparagus, salt and celery salt. Mold and chill. Serve with mayonnaise on lettuce garnished with slices of radish or grated carrots to give touch of color. If canned asparagus is used cut in small pieces and use the liquid in the can.

—Mrs. J. Hill

Frozen Fruit Salad

$\frac{1}{2}$ pt. whipping cream

$\frac{1}{4}$ to $\frac{1}{2}$ c. sugar

2 T. Philadelphia Cream Cheese

1 large can fruit cocktail or fruit salad

Whip cream adding cheese when nearly whipped. Then add sugar, drain juice from cocktail and mix thoroughly. Put in ice tray and freeze. Top may be decorated with cherries and nuts. Serves 8.

Stuffed Peach Salad

8 halves peaches

$\frac{1}{2}$ c. chopped celery

$\frac{1}{4}$ c. chopped dates

1-3 c. chopped nuts

2-3 c. mayonnaise

Mix dates with celery and nuts. Press into peaches. Chill. Serve on lettuce and surround with mayonnaise.

—Mrs. Raymond Condee

Pineapple Cheese Salad

1 pkg. lemon gelatine

$\frac{1}{2}$ lb. grated cheese, American

1 No. 2 can crushed pineapple

$\frac{1}{2}$ pt. whipping cream

$\frac{1}{2}$ c. nuts, if desired

Drain the pineapple and enough water to the juice to make 2 c. liquid. Heat this to the boiling point and add to jello. Cool and when it begins to thicken add the pineapple, cheese and whipped cream. Chill in molds.

Jellied Chicken

1 grown chicken. Boil until tender. Dice meat. Grind all skin and use with meat. 1 envelope of Knox gelatine. Dissolve in broth.

1 small can of peas

Che.p CCMFWYP WWWW

$\frac{1}{2}$ as much diced celery as you have chicken

.15c size stuffed olive chopped

Grate enough onion to season

$\frac{1}{2}$ c. of mayonnaise. Stir all together and mold.

—Gertrude Richardson

Chicken Salad

2 large cold chickens either boiled or roasted. The yolks of 9 hard boiled eggs, $\frac{1}{2}$ pt. cooking oil, $\frac{1}{2}$ pt. vinegar, gill of mixed mustard, small t. cayenne pepper, some of salt, 2 large or 4 small heads celery. Cut the meat in small pieces. Mix it and celery well together. Cover and set aside. Mash the yolks to a paste, mix them with oil and vinegar thoroughly. Five minutes before serving mix dressing meat and celery together.

—Mrs. Molly de Krafft

1863

Apricot and Peach Salad

Dice 60 marshmallows, melt over low heat in 1 c. milk. Cool. Fold in 1 pt. whipped cream. Pour into 9 x 14 inch pan. Chill. Heat No. 2 $\frac{1}{2}$ can ($3\frac{1}{2}$ c.) sliced apricots and syrup. Add 2 T. gelatine, soften in $\frac{1}{4}$ c. cold water; 2 T. sugar; 2 T. lemon juice. Cool. When partially set pour over marshmallows and chill. Cut in squares to serve. Serves 16. Peaches can be substituted of divided half and half with apricots.

—Mrs. A. E. Cooper

WILBUR SHARP

Soft Drinks, Candies, Cigars, Cigarettes

NEWSPAPERS, PERIODICALS, SANDWICHES

POCKET BILLIARDS

Home Made Ice Cream

MARLINTON, WEST VIRGINIA

HARRY A. SHARP

Fountain Service

Sandwiches

Tobaccos

Candies

Subscription For All Magazines

Molded Red Salad

1 qt. cranberries
3½ c. boiling water
2 c. sugar
2 c. Tokay grapes
Mayonnaise

1 c. nut meats
2 c. diced pineapple
2 T. granulated gelatine
Lettuce

Wash and pick over cranberries. Cook in boiling water until the berries burst. Strain through a sieve and add sugar. Soften gelatin in ½ c. cold water and pour boiling cranberry juice over gelatine. Stir until cold and add grapes, skinned and seeded, nuts and pineapple. Stir until well mixed. When beginning to set turn into shallow pan to mold and become firm.

—Mrs. E. G. Herold

Cranberry Salad

2 c. (1 lb.) cranberries measured when ground
2 c. sugar added to ground cranberries
Let stand one hour then add

1 c. chopped nuts
1 c. chopped celery
Including cranberry juice
1 orange (grind peel and pulp and use juice)

2 boxes orange jello
3 c. boiling water

—Mrs. E. L. Fenton

Cranberry Relish

2 c. cranberries *then grind*
1 orange, pulp and peel

1 lemon, pulp and peel
¼ c. sugar

Grind fruits and sugar. Let stand 1 hour. Can be used at once or sealed. One half this recipe added to 1 pkg. lemon jello makes an excellent molded salad.

—Mrs. C. C. Clendenen

COMPLIMENTS
C. S. KRAMER, D. D. S.
MARLINTON, WEST VIRGINIA

Made By
A & P

ANN PAGE FOODS

Approved By

Good Housekeeping

Sold By
A & P

A. & P. STORE

MARLINTON, WEST VIRGINIA

SANDWICHES

"We are such things as dreams are made of."

Suggestions for Sandwich Filling:

- (1) Grated cheese mixed with enough mayonnaise dressing to moisten.
- (2) Chopped celery and Roquefort cheese—mix finely chopped celery with mashed cheese and enough cream or mayonnaise dressing to moisten. Add few drops of Worcestershire sauce.
- (3) Cream cheese, chopped olives, nut and mayonnaise.
- (4) Chopped ham, hard cooked eggs and pickle relish mixed with mayonnaise.
- (5) Chopped egg, tuna and pickle relish.
- (6) Beef, veal or ham loaf with Russian dressing.
- (7) Peanut butter and chopped dates with mayonnaise.
- (8) Peanut butter and chopped ginger with mayonnaise.
- (9) Watercress, finely chopped, blended with softened butter.
- (10) Tongue, chopped cabbage, pickle and mayonnaise or Russian dressing.

—G. E. Cook Book

Sunday Night Supper Sandwiches

Lightly toast bread, cover with a slice of American cheese, 1 slice of ripe tomato, 2 slices of breakfast bacon. Broil under flame until bacon is cooked and cheese melting. If coal stove is used, partly fry bacon before putting on sandwich and have oven very hot.

—Marie Houghton, Mt. Lebanon, Pa.

Hot Open Faced Sandwich

Toast bread on one side. Round ground steak—(ground twice). Seasoned with horse-radish, mustard, chili sauce, salt and pepper, Worcestershire sauce. Spread on untoasted side with above mixture and toast under broiler. Good with any salad.

Deviled Cheese

$\frac{1}{2}$ lb. Roquefort cheese, $\frac{1}{2}$ lb. Philadelphia cream cheese, 2 Ts. tomato catsup, 1 t. Worcestershire sauce, $\frac{1}{2}$ T. salt, 1 t. finely minced onion, mix well and put in a jar in a cool place where it will keep indefinitely.

—Mary McClintic Hensch

Carrot, Cheese Sandwich Spread

1 lb. cream cheese

$\frac{1}{4}$ c. chopped nuts

6 medium sized carrots ground

Mayonnaise Dressing

Grind cheese, mix all and add mayonnaise to make it spread nicely on bread.

"Jersey Delight"

Mix together, chopped crab meat, minced celery and mayonnaise. Spread on a lettuce leaf resting on a piece of hot buttered toast. Place the top beside the sandwich and serve with knife and fork.

Tenderloin Sandwiches

Grind 1 pt. canned tenderloin, 1 c. minced celery, 2 hard boiled eggs, finely mashed, moisten with mayonnaise and boiled dressing.

—Mrs. E. H. Williams

Ribbon Sandwiches

Cut 6 thin slices of bread. Spread the first slice with butter, the second with cream cheese that has been tinted yellow or orange with vegetable coloring. Spread the third with cream cheese tinted green, 4th with the yellow or orange cheese and fifth with butter. Top with the 6th slice. Wrap in waxed paper. Chill for at least several hours then cut cross wise in thin slices and serve. —Mrs. E. L. Fenton

Asparagus Sandwich

- 1 can asparagus tips
- 2 pkg. Philadelphia cream cheese
- 1 small onion—minced

Bread sliced very thin and crusts trimmed off. Soften cheese with a little cream and mix in onion. Spread bread with cheese. Place one asparagus tip on cheese and roll. Hold together with toothpicks. Place sandwich rolls on cookies sheet and put under oven broiler. . . turn until bread is toasted, serve hot. Bread toasts better if spread with melted butter. —Esther Davis

Pimento Sandwich

- | | |
|----------------------------------|-----------------------|
| 1 egg | 1 small lump butter |
| $\frac{1}{2}$ pt. condensed milk | 2 heaping T. flour |
| $\frac{1}{2}$ c. vinegar | $\frac{1}{2}$ t. salt |

Mix ingredients and cook in double boiler until thick, stirring to keep smooth. Do not use sweet milk. Grate $\frac{1}{2}$ lb. cheese. 1 can pimento. Stir into hot mixture.

—Elizabeth Hill

Ham Sandwich Spread

$\frac{1}{2}$ lb. boiled ham, 2 pimento, 3 or more pickles all ground together. Mix with mayonnaise to right consistency and sugar to taste. —Mrs. C. C. Clendenen

Cream of Almond Sandwich

Mix a soft cream cheese with $\frac{1}{2}$ c. of crushed salted almonds and $\frac{1}{4}$ c. chopped olives. Spread on thin slices of buttered whole wheat bread and cut in diamond shapes. —Mrs. E. L. Fenton

Corn Beef Sandwich

- $\frac{1}{2}$ can corn beef (chopped fine)
 - 2 hard boiled eggs
 - 3 T. pickle relish, mix with boiled dressing.
- This can be kept in ice box.

Sardine Sandwich

- 1 can good grade sardines in olive oil, mashed thoroughly
- 1 T. butter
- 1 t. prepared mustard
- 1 t. mayonnaise
- Lemon juice

—Mrs. J. R. Cook

SOUPS

"Who would not give all else for two pennyworth only of beautiful soup."

—Alice in Wonderland

Cream of Wheat Soup (for invalids)

4 c. chicken broth

6 T. cream of wheat

Heat broth in top of double boiler. Add cream of wheat slowly and let boil hard. Place over boiling water and cook one hour or longer.

—Mrs. John Davis

Onion Soup

1½ c. meat broth

6 medium sized onions

¼ c. butter

1 t. Worcestershire sauce

Salt and pepper to taste

Toast and Parmesan cheese, grated

Thinly slice the onions and brown carefully in the butter. Add the broth, Worcestershire sauce, salt and pepper and simmer until onions are tender. Pour the soup into an earthen-ware tureen or into an oven-glass casserole. Arrange on top slices of toast. Sprinkle with cheese and place under broiler until cheese melts and browns. Serves 8.

—Mrs. John Davis

Company Soup

1 can mushroom soup

1 can chicken soup

1-3 c. cream

½ t. salt

Pepper

1 t. horseradish

Combine soups and heat thoroughly. If condensed soups are used add water as directed. Add salt and pepper. Whip cream and fold in horse-radish. Float a spoonful on each cup of soup. Sprinkle with paprika. Serves six.

COMPLIMENTS

A. E. COOPER, Attorney-at-Law

MARLINTON, WEST VIRGINIA

COMPLIMENTS

RICHARD F. CURRENCE, Attorney-at-Law

MARLINTON, WEST VIRGINIA

T. S. McNEEL

Fire Insurance & Bonds

MARLINTON, WEST VIRGINIA

HOT BREAD EVERY MEAL

Herold's Restaurant and Waffle Shop

MRS. E. G. HEROLD, Prop.

MARLINTON, WEST VIRGINIA

IT'S SMART TO TRADE INDEPENDANT

at a

COMPLETE FOOD MARKET

MEATS

STAPLE and FANCY GROCERIES

SEA FOODS

O. K. GROCERY

MARLINTON, WEST VIRGINIA

LOCUST HILL DAIRY

Grade A. Raw and Pasteurized Milk

MARLINTON, WEST VIRGINIA

Cream of Vegetable Soup

2 T. butter
2 T. flour
2 cups milk
½ t. salt
¼ t. pepper

1 c. cooked vegetables pulp or finely chopped vegetables

Melt butter and blend in the flour. Add the hot milk gradually, stirring constantly.

Cook until the mixture boils vigorously.

Combine the white sauce with the heated vegetable pulp. Add salt and pepper.

Serve immediately. Other seasonings such as onion juice or celery salt may be added as desired.

—Mrs. Jack Richardson

Bean Soup

Ham broth, 2 Cs soup beans, 1 onion, celery.

Cook beans, onion, and celery together, when soft put through sieve then add ham broth, salt and pepper to taste.

If liked, add Worcestershire sauce when served.

—Mrs. George S. Graham

Turkey Tomato Soup

1 Qt. tomatoes, stock from turkey bones or other stock one pint or more, 1 t. sugar, 4 Ts flour, 1 large onion, 2 Ts parsley, 1 bay leaf, 1 stalk celery, 2 large Ts butter, 1 pt. milk, ¼ t. baking soda, salt and pepper to taste.

Put tomatoes in sauce-pan with celery, onion, bay leaf and parsley and stew twenty minutes. Press through sieve return to pan and boil. Melt butter and add flour mixing to a smooth paste. Add this to the strained tomatoes stirring constantly until smooth, then add salt, pepper, sugar and milk. Let come to boiling point, add soda and remove immediately.

—Mrs. H. S. Ardell

Shrimp Soup

2 cups—cooked shelled shrimp

½ tb. flour

2½ tbs. butter

1 small grated onion

1 qt. milk

½ cup cream

¼ c. sherry

Grating of nutmeg, salt and pepper

Put shrimp through grinder. Melt butter and add flour, stirring until smooth. Add onion (that has been simmered in butter five min.) then shrimp. Salt and pepper. Pour on gradually milk and cream. Stir until mixture begins to thicken. Cook over hot water for ½ hr. Stirring occasionally. Add sherry and nutmeg just before serving; do not let cool.

—Gertrude Maule

COMPLIMENTS

LLOYD SHAID, Attorney-at-Law

MARLINTON, WEST VIRGINIA

DIET SCHEDULE

Jack Spratt could eat no fat
His wife could eat no lean;
If diet, you must
Here is a list that's keen.

Diet Schedule

Exercise:

Walk leisurely each day a total of a half hour to an hour- in two periods. If possible. If unaccustomed to walking, begin with ten minutes and increase by five minutes a day to the full amount.

Meals:

Eat three average meals a day, avoiding any one large meal. There is no need to deny yourself provided you choose from the articles listed below:

What to Eat:

All fresh fruits except bananas
Clear broths and unthickened soups
The lean of any meat except pork
Any fresh fish
Cheese
Eggs
Gelatin

Coffee (Unsweetened)
Tea "

Any of the following Vegetables:

Artichokes
Asparagus
Beans, string
Beets
Beet greens
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Cucumbers
Dandelion
Eggplant
Endive

Kohlrabi
Lettuce
Okra
Parsnips
Peas (young)
Peppers
Pumpkins
Radishes
Rhubarb
Sauer Kraut
Spinach
Tomatoes
Tomato Juice
Turnips
Turnip greens
Watercress

Bread: Not more than two slices $\frac{1}{4}$ inch thick, daily (or six crackers), are allowed at first. The quantity should be reduced later if weight is not lost.

Milk: Not more than two glasses daily.

Butter: Not more than three "pats" daily.

Water: Do not drink water to excess, especially during meals.

Do not Eat:

Bananas
Baked Beans
Beer
Cakes
Candy
Carbonated Beverages
Cereals, cooked or cold
Chocolate and cocoa
Clams, Crabs and Lobsters
Corn
Fish, canned
Fruit "
Mountain Drinks
Hot Cakes & Waffles
Ice Cream
Ices, Water
Jellies & Jams

Lima Beans
Macaroni, Spaghetti & Noodles
Nuts and Olives
Oils
Potatoes
Puddings
Rice
Rolls
Salad Dressing if oily
Sausages
Scallops
Soups, Gravies or Sauces (if thickened with flour).
Stewed Fruit
Sugar
Syrup
Wines

Buy His Gifts Where He Buys At

The Men's Shop

HEAD TO FOOT OUTFITTERS

MARLINTON, WEST VIRGINIA

TABLE OF CONTENTS

Appetizers	2
Beverages	4
Bread	6
Cakes	13
Candy	35
Canning	31 + 32 - 37
Desserts	42
Diet Schedule	94
Eggs	54
Fruits and Vegetables	67
Foreword	1
Icings	23
Meat and Fish	56
Pie	74
Salads	81
Sandwiches	89
Soups	92

Printed By
SENTINEL PUBLISHERS INCORPORATED
White Sulphur Springs, West Virginia

Culinary Conceits

◆
Compiled by the Guild of

The

St. John's Episcopal Church

MARLINTON, WEST VIRGINIA
◆

Price \$1.00